

Post-Procedure Care Instructions

ACTIVITY & DIET

- You may resume your normal diet and activity as pain allows. Take short walks several times a day
- Try to “take it easy”. Don’t start any major projects in the next few weeks
- Avoid bending at the waist, straining, or heavy lifting (nothing greater than 20 pounds)
- For facial procedures, sleep with your head elevated on extra pillows or in a recliner. For procedures on your hand or extremity, keep the operative limb elevated whenever possible

DRESSING & WOUND CARE

- You may shower **2 days** after surgery. Let soap and water run over the incisions. You may gently wash your incisions and pat dry gently
- Apply antibiotic ointment to sutures twice daily
- A small amount of drainage from incisions is common. If you have bleeding from your surgical site, hold firm pressure for 10 minutes; this should stop any bleeding
- Avoid soaking in bath tubs until cleared by your surgeon. No chlorinated swimming pools for 4 weeks after surgery. No swimming in open water or submerging in hot tubs for 6 weeks after surgery

MEDICATIONS

- You may use Tylenol (acetaminophen) or Advil (Motrin/Ibuprofen) for pain. Take these medications as directed on the label
- You may be prescribed additional pain medication if needed. Do not drive vehicles or operate heavy machinery while using narcotic pain medications
- Resume taking your preoperative medications unless otherwise instructed by your surgeon

WHAT TO WATCH FOR:

Report the following signs or symptoms to your doctor:

EXCESSIVE BLEEDING • FOUL SMELLING DRAINAGE • REDNESS OR SWELLING AT INCISION SITE • PERSISTENT NAUSEA OR VOMITING • TEMPERATURE OF 101° OR ABOVE • SEVERE OR WORSENING PAIN

You may call the office at any time at **928-774-2300**. A surgeon from our practice is on-call and available 24/7

RETURN APPOINTMENT: You should be scheduled to see your surgeon 1-2 weeks after your surgery. If you do not already have an appointment scheduled call the office to schedule