GENERAL INSTRUCTIONS After Your Operation

ACTIVITY

* No heavy lifting, straining, or doing anything that requires significant effort for the first day. Gradually increase your activities to your comfort level. Excessive motion promotes the spread of the scar.

HOME CARE

* Leave dressings in place and keep dry until your follow up appointment.
* Outer dressing can be removed in \_\_\_ days.
* Keep dry for \_\_\_ days.
* Apply antibiotic ointment to incision 2-3 times a day.
* Elevate to minimize pain and swelling and to promote circulation.
* If dressing on graft site comes off, apply clean/dry gauze and secure with tape.
* Some drainage is expected. As local anesthesia wears off, you may have an increase in drainage. Apply continuous, gentle pressure to the site for 10 minutes to stop bleeding.
* No smoking after surgery to prevent possible bleeding and delayed healing.

MEDICATION & COMFORT

* You may take \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ for pain relief.
* Pain medications may cause drowsiness, upset stomach, and constipation.
* Take pain medications with food.
* Do not drink alcohol or drive while taking prescribed pain medication.
* Refills are only available during office hours – 9am to 5pm, Monday through Friday. If you feel you need more pain medication, please call during those times.

CALL THE OFFICE (775-3446) IF YOU NOTICE

* Large amounts of draining or bleeding not responding to continuous, gentle pressure.
* Severe pain not responding to medication.
* Severe swelling not responding to elevation.
* Fever greater than 100°F.

I have received the above instructions. Signature X\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Relationship to patient\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_