

GENERAL POST-OP INTRUCTIONS

REMEMBER IT IS VERY IMPORTANT NOT TO EAT OR DRINK AFTER MIDNIGHT THE NIGHT BEFORE SURGERY. THIS INCLUDES COFFEE, JUICE AND WATER.

On the morning of surgery please report to L&M or Pequot Surgical Center as scheduled.

1. Do not remove dressing unless otherwise instructed.
2. If you experience bleeding through your dressing, please call the office.
3. Avoid all strenuous activities (no heavy lifting, jogging, sports, etc.) until your doctor gives approval.
4. Keep the dressing dry.
5. Take antibiotic and pain medication as directed.
6. Avoid aspirin, aspirin-related products, and non-steroidal anti-inflammatory medications (e.g. Motrin, Advil, and Ibuprofen).
7. If the dressing comes off:
 - Clean site gently with hydrogen peroxide twice a day.
 - Apply a light coating of antibiotic ointment (Bacitracin or Polysporin). - Cover with a Band-Aid.
8. You may experience swelling and bruising. To decrease swelling, elevate your head on pillows. You may use an ice pack. Remember to keep your operative site dry.
9. Once your sutures are removed:
 - Keep dressing on until it comes off on its own.
 - Clean once a day with hydrogen peroxide for one week after dressing comes off.
10. Use a sunscreen with SPF 15 to prevent scarring and discoloration of your incision.
11. It may take up to 6 months for skin color to normalize.

IF YOU HAVE ANY QUESTIONS OR CONCERNS, PLEASE CALL THE OFFICE