

BAHA POST-OP INSTRUCTIONS

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 River Valley ASC as scheduled.

1. Remove your head dressing the following day. Leave the tape strips in place.
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 surgical site dry until your follow up appointment.
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. You may experience swelling and bruising. To decrease swelling, elevate your head on pillows. You may use an ice pack. Remember to keep the operative site dry.
8. Use a sunscreen with SPF 15 to prevent scarring and discoloration of your incision.
9. It may take up to 6 months or skin color to normalize.

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