



Post Procedure Patient Instructions

- Keep the dressings dry for 24 hours.
- You may shower 24 hours after the procedure, your dressing is water resistant but be gentle when washing incision areas. Pat dry gently after you shower.
- Apply ice packs to the incision site to help reduce swelling and pain. Put a cloth between the incision and the ice pack. Do not put ice directly on the skin.
- You may have some bruising around the incision that sometimes does not appear for a few days.
- Do not submerge incision in tub, pool, hot tub or lake for 2 weeks.
- Your activity level should be less than your normal for 48 hours and then you may slowly increase as tolerated back to your usual activities. Avoid any activity/exercise which involves rough contact at your incision site or might cause a heavy blow to the skin around your incision.
- There are no stitches to be removed. Your occlusive dressing and steri strips underneath should be removed in 1 week. Gently remove them when they are damp after your shower.
- Take one to two, 325mg acetaminophen (Tylenol) pills and/or one to three 200mg ibuprofen (Advil, Motrin) pills as needed for pain every 4-6 hours. Do not take Tylenol if you have liver failure, or severe liver disease.
- There may be a hardened area below your incision, it is normal scar tissue and may take several months to soften and return to normal.
- Follow up in office in one week for a check of incision site(s).
- **If you notice unusual swelling, redness, drainage, have more pain at the site, or have a fever greater than 100 degrees please call 801-860-2726.**

