

Post Op Care Instructions

- If you experience any discomfort, take Tylenol or pain medication every 4 to 6 hours as needed.
Avoid alcoholic beverages for 1-2 weeks post op.
- If the dressing gets wet, pat it dry.
- Use soap and water to gently cleanse around the tape as needed. Avoid intense exercise and or sweating for the first week.
- You will have it covered with a fresh band aid or telfa pad.
- It is normal for healing wounds to feel slightly tender to the touch and look pink around the edges. However, if after a few days it becomes increasingly red, swollen, painful, hot or develops a discharge, please call our office.
- Swelling and bruising is very normal for up to 4 weeks. Most swelling subsides within 2 weeks.
Follow these Post Care Instructions to get maximum benefits.