



DeKalb Medical

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POST OPERATIVE INSTRUCTIONS FOR MINOR SURGICAL PROCEDURES

ACTIVITIES:

- Minimize activity in the surgical site: avoid stretching or external pressure on the area.

DIET

WOUND CARE:

- Your dressing consists of a plastic film and should be left in place until you come back to the office.

OR

- You have a gauze dressing that must be replaced at regular intervals:

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- An ice pack over the incision is helpful for the first 4 to 8 hours. This both numbs the skin and causes constriction of the capillaries to help prevent bleeding.
 - If you have any bleeding or drainage from your incision or dressing, please call the office so we can advise you.

BATHING:

- If you have the plastic film dressing you may shower, provided the dressing remains intact.

MEDICATION

- You may be given a prescription for pain medicine. Never drive a car or operate machinery any time you are taking pain medication other than Tylenol, Aspirin, or non-prescription pain medication such as Ibuprofen.

RETURN TO OFFICE

- Please call today or tomorrow for your return visit to the office in 7 days. The office phone number is **404-501-9170**.

Call your physician if you have unusual symptoms such as bleeding, swelling, burning, abnormal discharge, bladder or bowel problem, extreme pain, vomiting, prolonged nausea, temperature over 100.4 degrees Fahrenheit.

DO NOT HESITATE TO CALL IF YOU ARE HAVING ANY DIFFICULTY AND/OR QUESTIONS.