

**1. Dressing Care:**

Change your dressing two days after surgery, then as needed. Some light bleeding is normal. Showering is permitted 2 days after surgery & the incision may be washed with soap & water, but no submerging or bathing is allowed until 2 weeks. Keep a clean dressing on the incision until your follow-up appointment.

**2. Pain Medication:**

You will be given a painkiller \_\_\_\_\_ to be taken 1-2 pills every 4-6 hours as needed. Do not drink or drive while on pain medication. Do not take additional Tylenol based pain medications while on this medication.

**3. Activity:**

You may resume activity as tolerated following your surgery. Some soreness is to be expected which will gradually resolve over several weeks following surgery.

**4. General Instructions:**

Apply ice to the incision (20min on /off) to reduce pain & swelling.

If you notice any signs of infection such as increased pain, redness, wound drainage or fever  $>100.5^{\circ}$  F, call the office immediately.

**5. Follow-up Appointment:**

Call the office at (616) 949-8945 to schedule an appointment for 10-14 days after surgery.

**6. Other Instructions:**

---

---

*If you have any problems or concerns following surgery,  
please call our office at (616) 949-8945.*