1. **Dressing Care:**

   Change your dressing two days after surgery. 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. **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:**

   As the pain decreases, you may resume activity as tolerated.

4. **General Instructions:**

   Apply ice to the area (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° 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.