

SCHEER & LIESEN SURGICAL ASSOCIATES

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MINOR SURGERY INSTRUCTIONS

1. Keep ice on the incision site the day of your surgery. This will help to control your pain and bruising after the operation.
2. Take your pain medicine as directed if you need it. If your pain is minimal, you may use Tylenol, or any NSAID (Ibuprofen, Motrin, Advil, Aleve, etc). Do not take any NSAIDs if you have ulcers or a history of GI bleeding. Always take NSAIDs with meals or milk. **DO NOT TAKE THEM ON AN EMPTY STOMACH!**
3. **DO NOT DRIVE** until you are off prescription pain pills and are able to perform emergency maneuvers without thinking twice.
4. If your bandage is clear, it is waterproof and does not need to be removed until you are seen in the office for your post-op visit. You may get it wet anytime. If you have a gauze bandage that is held on with tape, keep this bandage on for 24 hours or as instructed. After the bandage is removed, you may take a shower. There may be some small “steri-strip” bandages on your skin. Leave these alone until they start to come off which will usually be in three to five days. If surgical glue is in place, it will slowly flake off over a number of weeks. There is usually no need to apply further bandages after the first dressing is removed. You may keep a light dressing on the wound if it pads the area and keeps your clothing from rubbing on the wound.
5. Expect some bruising. This can occasionally be spectacular. This may look terrible but will fade away over several days to weeks. There will be no permanent problem from the bruise.
6. Try to be as active as possible. Please try to avoid any activity that will result in direct trauma to the surgical site (it would probably hurt).
7. Eat a normal diet.
8. Call the office to set up a follow-up appointment for about one week after surgery, or as instructed.
9. **DO NOT HESITATE TO CALL IF YOU HAVE ANY QUESTIONS OR PROBLEMS.**