

POST-OPERATIVE INSTRUCTIONS

Call my office immediately if:

- You have a sudden onset of pain, fever, or redness; or
- You have not seen improvement in 2-3 days.

****Be particularly alert for fever, (oral temperature greater than 101°), excessive pain at the surgical incision, nausea, vomiting, bleeding, dizziness, shortness of breath, rash, rapid heart beat or rapid breathing rate.****

GENERAL INFORMATION

Strenuous activities and exercise are to be avoided for a minimum of two weeks after your surgery (please see procedure specific instructions if given). You may gradually resume normal activities after 48 hours being careful to avoid any activity that causes pain or discomfort. Strenuous activity/heavy lifting of objects greater than 5 lbs should be avoided for 4 weeks after your surgery.

Bruising and swelling are normal and will disappear in time.

All incisions will be extremely sensitive to sunlight during the healing phase. Direct sun contact is to be avoided. Use a sunscreen, SPF20 or greater, for at least 6 months.

You may resume driving when you are no longer taking narcotic pain medications and feel unrestricted by pain.

Please take all medications carefully and as directed. Please follow all instructions, which may accompany the medications such as taking it with food or avoiding alcohol, driving restrictions, etc. Take medications at the specific times they have been ordered. Failure to take your medications as instructed could influence your results.

Remember to follow any special instructions that have been given to you and call our office if you have any questions.

**OUR TELEPHONE NUMBER IS 214/645-2353
IT IS ANSWERED 24 HOURS A DAY!**