



MILD Post-Operative Instructions

General Instructions:

You may feel lightheaded, dizzy, and fatigued. Sedation may impair your judgement and coordination. We recommend:

- **Do Not** sign any legal documents or make any important decisions for 24 hours.
- **No** alcoholic beverages for 24 hours and/or while taking pain medications.
- **No** driving for 24 hours.
- You need a responsible adult to remain with you for the remainder of the day for your safety and to assist you with your activities.
- Advance to a normal diet as tolerated.
- Rest for 24 hours. We recommend you go home and lie down for a few hours. Slowly progress your activities in the following days.
- Limit sexual activity for 24 hours.
- Avoid baths, pools, hot tubs, and the ocean for 2 weeks or until cleared by your physician.
- Keep all dressings clean and dry.
- A small amount of blood/drainage on the dressing is normal.
- Cough and deep breathe frequently to promote good lung function.
- Your procedure includes a steroid injection. You may experience facial flushing and/or redness, energy surge, insomnia, and restlessness. These symptoms will subside within a few days. If you are a diabetic, your blood sugar may potentially increase. Please monitor your glucose level closely and notify your diabetes doctor if your blood glucose level is abnormal.

Prescription Medications:

- Take antibiotics as prescribed by physician to avoid an infection.
- Resume all your normal medication, unless otherwise instructed by your physician.
- Take pain medicine as prescribed by MD. (Recommended to take with food to avoid nausea)
- Resume your blood thinner tomorrow.

Incisional Care:

- You may experience some discomfort from the procedure. We recommend you use ice for pain; however, you must keep your dressing dry and intact. Apply to site 15-20 minutes, remove for 20 minutes to allow skin to return to normal temperature.
- **Do Not** apply heat.
- Your incision most likely is covered with steri-strips under the dressing. The steri-strips will come off by themselves in 5 (five) to 10 (ten) days. **Do Not** remove or pick at them. A small amount of bleeding may occur on your dressing. If it seems excessive, call your physician's office.
- You may have some bruising and swelling around the surgical site. It will be tender and to some degree painful for up to one month. The pain will diminish slowly. There will be some redness along the line of the incision for up to 6 (six) months.

Follow-up Appointment:

- Call your physician's office tomorrow to schedule a post-operative appointment. You will need to be seen within the next 7-14 days.

Signs and Symptoms to Report to your Doctor; if you are unable to reach your doctor we recommend going to a nearby hospital for medical treatment.

- Fever greater than 101 degrees.
- Redness, swelling, or excessive bleeding.
- Foul smelling drainage from the incision.
- Persistent nausea or vomiting.
- If you experience out of control pain or severe headache i.e., pain that is not relieved with your prescription pain medications.
- If you experience any sudden increase in numbness or weakness of your extremities.

Call 911 Immediately for any difficulty breathing, profuse bleeding, or difficulty arousing patient.

1441 Avocado Avenue, Suite 103, Newport Beach, CA 92660
Phone: (949) 718-3600 • Fax: (949) 718- 4320 • www.newportcoastsurgery.com