

Minor Procedure Post-Op Instructions

Diet

- You should be able to resume a regular diet today. You may want to go slow at first because anesthesia can sometimes cause some mild nausea.

Medication

- If not allergic, please take 600mg ibuprofen and 1000mg acetaminophen together as tolerated with food every 6 hours. as needed for pain.
- If narcotic pain medication (oxycodone) is prescribed to you: Narcotics can cause addiction and should only be used as needed if there is moderate to severe pain after the acetaminophen and ibuprofen are taken. You should minimize their use.
- Take pain medications as prescribed by your doctor. Take your pain medication with a small amount of food.
- Pain medications may constipate you. If you are feeling constipated, please take MiraLAX that you can get at any drugstore as directed on the bottle.

Dressing

- Your incision(s) are closed with dissolvable sutures (stitches). Skin glue will cover your incision(s). The skin glue will naturally slough off your skin. Do not rub, scratch, or pick at skin glue.
- No oils/lotions/creams over your incision(s) until the glue starts to flake off. At that point 1% hydrocortisone cream may be applied to relieve itching.
- You may shower or bathe 24 hours after your surgery. Clean with soap and water then gently pat dry.
- You may develop some redness or bruising immediately adjacent to your incision(s) as they heal which is normal.

Miscellaneous

- No alcohol or driving for 24 hours after surgery or while taking narcotic pain medicine.
- Do not make any personal or business decisions for 24 hours.
- You should have a responsible adult with you for the rest of the day and night.
- You may feel sleepy for the first 24 hours.
- You may place ice packs on incision for 20 minutes per hour if the site is swelling. You should protect your skin by placing a cloth between the ice and your skin.

Possible Problems

Call Dr Bollins at 218-461-2212 if:

- Unable to drink liquids in the morning because of nausea.
- Your temperature is greater than 101 degrees F.
- You notice excessive bleeding or unexpected drainage from the wound site.
- You notice extreme redness or warmth around your incision sites.
- You notice wound edges open or separate.
- Your pain is not relieved by pain medication.

If you feel it is an emergency, please go to the nearest emergency room.

Follow-Up

- We will see you in our office 7-14 days after your surgery.
- If not already scheduled, please call 218-461-6240 to schedule a post-op visit.
- If you're a patient from **Ely** and your post-op visit has not already been scheduled, please call 218-365-8793.



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