

Office-based Procedure

Instructions

You have undergone an office based procedure. This is a minor surgery performed usually under local anesthesia - the anesthetic drug is injected into the tissue to numb just the specific location of your body requiring the minor surgery; there is no sedation. Here are some instructions regarding your care following the procedure. If you have other questions or concerns, please call our office.

Dressing

Keep your dressing on for 24 hours. If you have Steri-Strips™ across your wound, do not pull them off once the bandage is removed; they will peel and fall off in one to two weeks.

Shower

You may remove the dressing and get your incision wet after 24 hours. Showers are allowed at that time but no bathing. Do not rub the incision.

Pain

Based on the extent of the surgery, you may be prescribed narcotic pain killers; take them as instructed. If the pain is not severe, taking Tylenol is adequate. Avoid taking Aspirin, Advil, Motrin, Aleve or other similar pain killers.

Driving

Do not drive as long as you are taking narcotics and as long as you are having pain.

Activity

You may resume normal activities right away. Avoid heavy lifting or strenuous activity until your next office visit; you will get further instructions at that time.

When to call

Call our office immediately if you experience any of the following:

- Increase in redness, tenderness, or swelling of the wound.
- Drainage from the wound. Occasionally however, a small amount of bloody or clear yellow-tinged fluid may drain; notify us if it persists or if it changes in consistency.
- Offensive odor from the wound.
- Marked or sudden increase in pain not relieved by the pain medication.
- White pimples or blisters at or around the wound.
- Elevation of body temperature greater than 100.5°F, sweats or chills.

Follow-up visit

You follow-up appointment in on _____ at _____