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POST-OPERATIVE INSTRUCTIONS for SOFT TISSUE PROCEDURE

1. An **SOFT TISSUE** procedure is usually not very painful. Though patients are often given pain medication, many patients can get by with Tylenol alone.
2. Patient can slowly proceed to a **REGULAR DIET** by the day after surgery.
3. **KEEP THE STERISTRIPS CLEAN AND DRY FOR 48 HOURS AFTER THE SURGERY.** You can get the steristrips wet after **48 HOURS** but don't pull them off. When you get the steristrips wet, **DAB IT DRY. DONOT SCRUB / RUB** the area to dry it. The steristrips are designed to fall off by themselves as the incision is healing.
4. IF there are no steristrips over the incision, apply **OINTMENT** over the area for 7 days. **YOUR SURGEON WILL PROVIDE YOU WITH SPECIFIC WOUND CARE INSTRUCTIONS / OINTMENT/ MEDICATION TO APPLY OVER THE AREA**
5. **AVOID:** aspirin products as these may increase the risk of bleeding.
 - a. **RESUME** blood thinning medications as instructed by your cardiologist or prescribing physician or **RESTART** 4 days after surgery if there is no active bleeding.
6. **NO STRENUOUS EXERCISE** or activities are allowed for a two-week period. We recommend no heavy lifting (over 10 lbs.).
7. If an **ANTIBIOTIC OR OTHER MEDICATIONS** are also prescribed by your doctor, be sure to take the **entire** prescription .

IF MEDICATIONS HAVE BEEN CALLED IN TO YOUR PHARMACY PLEASE PICK THEM UP PRIOR TO SURGERY.

Should you have any additional questions, call us at **904-880-0911**