

### **Dr. Burchhardt Post-Operative Instructions – General**

We take all possible measures to ensure a smooth experience for you. We want to prepare you ahead of time of what to expect and how you can help ensure an optimal recovery. Should you have excessive pain, bleeding, or a fever of greater than 101° Fahrenheit orally, please call the office at the numbers listed below.

**Activity:** Keep your head elevated above your heart at all times (sleep on 2-3 pillows). Do not lift anything greater than 10lbs (about a gallon of milk), and avoid bending over for several days

**Care of the incision:** Keep the incision dry for 24 hours. After that you can get the incision wet in the shower after 24 hours and to let a gentle soap run over it, but do not keep it submerged in water such as in a bath. Do not rub or pick at your incision. Apply bacitracin or double antibiotic ointment 3 times per day to keep the incision moisturized at all times. You do not have to wear a Bandaid or dressing unless specifically instructed to do so. If you choose to cover the incision for aesthetic purposes, make sure there is no moisture or sweat trapped underneath the Bandaid. Leave the incision uncovered as much as possible, unless otherwise instructed.

**Cleaning your incision:** Any crusts that build up can be gently removed using a Qtip, dipped in hydrogen peroxide. This will loosen the crusts. Apply the antibiotic ointment afterwards.

**Smoking:** Nicotine constricts your blood vessels and impairs wound healing. It's best to completely avoid any nicotine exposure before and after your procedure.

**Pain:** For most in-office procedures, over the counter Tylenol is sufficient for pain control. Do not take ibuprofen, Motrin, naproxen, Aleve or other NSAIDS until 1 week after your procedure or longer if otherwise instructed.

**Prescription medication:** In some cases, you may receive a prescription for an antibiotic, which you should start taking the day of your procedure. In select cases, you may receive a prescription for a Medrol Dosepack, in which case you should start taking the first dose the morning after your procedure with breakfast.