



## POST-PROCEDURE CARE - Repairs with an Outside Provider

### Activity

- No lifting over 10 pounds, strenuous sports, exercising, physical therapy, or bending at the waist for 1 week.
- Chew softer food for 24-48 hours.

### Bleeding

- A small amount of bleeding on the bandage is normal.
- If blood soaks through the bandage, apply firm pressure with your thumb directly over the bandage for 20 min.
- DO NOT use ice to apply pressure.

### Tips

- Rest and minimize activity the day of surgery!
- You WILL have swelling and bruising around the incision and surrounding areas.
- Apply an ice pack (wrapped in a lightweight towel) over the wound for 20 min at a time as often as you'd like.
- Take Tylenol or Ibuprofen as needed for pain. Avoid ibuprofen.
- Do your wound care as instructed, including the day of your follow-up appointment.

### When to call our office

- ✓ If bleeding does not stop after 20 min of firm pressure.
- ✓ If Tylenol or Ibuprofen does not relieve your pain.
- ✓ If your wound was initially doing well but becomes increasingly painful, warm to touch, drains a pus-like substance, or you develop fever and chills.
- ✓ With any questions or concerns.

If calling our office with non-emergent question, your call may be returned after 2PM.  
For after-hour emergencies, call the same number and the on-call physician will return your call.  
For non-emergent inquiries, you may email concerns or photos to [info@rochesterdermsurgery.com](mailto:info@rochesterdermsurgery.com).