



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

- No lifting over 10 pounds, strenuous sports, exercising, physical therapy, or bending at the waist until cleared by our repairing provider.
- For areas on the face, head, or neck, chew softer food for 24–48 hours.

### **Bleeding**

- A small amount of bleeding on the bandage is normal.
- If blood saturates the bandage, apply firm direct pressure with fingers or open palm directly over the bandage for 20 min.
- Do not use ice to apply pressure.

### **Tips**

- Rest and minimize activity.
- You will experience swelling and possible 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 (acetaminophen) as needed for pain.

### **When to call our office**

- If bleeding does not stop after 20 min of firm pressure.
- If Tylenol does not relieve your pain.

For emergency after-hour issues, call (585) 222-1400. Press 1 for Dr. Ibrahim. Press 2 for Dr. Siprell.  
You must leave a voicemail including the patient's full name, date of birth and best phone number to be reached.

You may send photos by texting (585) 449-4146 or emailing [info@rochesterdermsurgery.com](mailto:info@rochesterdermsurgery.com)

Please include the patient's full name, date of birth, and question or reason for inquiry.

**These are monitored only during regular business hours.**