

## Post Minor Procedure Instructions

If you need to schedule an appointment with your doctor or nurse practitioner for a “post-op” visit, please call the return visit line at 732-235-7615.

- Remove the dressing in 2 days.
  - If Steri-strips™ are in place, leave them alone. They will fall off on their own.
  - If Dermabond™ surgical skin glue was used to close your wound, do not attempt to peel it off. It will wash off in a couple of weeks.
- Do not get the surgical site wet until after the dressing is removed.
- Do not apply any creams, lotions, ointments, etc. to the wound unless the doctor or nurse told you to do so.
- You may take Tylenol® for discomfort or mild pain. If you have more severe pain, please call your healthcare team to report your pain.
- If you are taking a “blood thinner” medication such as Coumadin®, Plavix®, aspirin, etc. you may resume taking it **24 hours after** your procedure, or when the healthcare team advised you to restart it.
- You may resume any other medications immediately.
- You may also resume your usual diet.
- No heavy lifting (limit 5-10 pounds only). Your healthcare team will tell you how long to avoid heavy lifting.
- Avoid activity that causes stress or stretching of the surgical site.

If you notice increased swelling, redness or pain at the incision site, or if you have any further questions or concerns, call your healthcare team at 732-235-2465.

**If you are in need of immediate assistance, please call 732-235-2465 and select the option that best meets your needs.**