

THERMITight

Post-Operative Instructions

- 1) Rest for the first 12 hours. Mild daily activity for 2-3 days, then resume your normal activities as tolerated. You may experience mild to moderate swelling and/or bruising for 1-2 weeks following your procedure.
- 2) Ice may be applied 2 hours after procedure to minimize swelling. Do not apply directly on skin. You may ice for 20 minutes intervals and remove for at least 20 minutes between applications.
- 3) Drainage from your incision sites may occur following every 4-6 hours for as long as you are having drainage. Wash incision sites with warm soap and water. Drainage should subside in 24-72 hours.
- 4) Call the office if you notice any signs or symptoms of infection, such as; redness, increased pain, marked increase in swelling, skin that is warm/hot to touch or a fever of above 101 F.
- 5) If a compression garment was used you should wear as instructed by your physician. Typically, they are worn for the first 24-72 hours.
- 6) No dietary restrictions, maintain a healthy diet. Be sure to drink plenty of water, to aid toxins exiting the body. Therapeutic massage is beneficial to the healing process.
- 7) Avoid direct exposure to sunlight until surgical area is completely healed. Apply sunscreen as directed.



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- 8) Avoid NSAIDS that could increase your risk of bleeding, such as; Ibuprofen, Motrin, Advil, Aleve or Naproxen. Discuss continuing your prescription medications with the Doctor.

- 9) Keep your following appointment _____.

I have read the post-operative instructions and fully understand what is contained therein.

Patient Signature: _____ Date: _____

Witness Signature: _____ Date: _____