

SPECIAL INSTRUCTIONS

No exercise, heavy lifting or bending over for 2 weeks

Clean incision(s) twice daily with Cetaphil or Baby Shampoo

Apply aquaphor or antibiotic ointment to incision twice daily

Complete all of the Antibiotics prescribed and use pain medication as needed for pain

Ice surgical sites every hour for at least 15 minutes for 2 days

Sleep with head elevated using a recliner or 3-5 pillows

If you have any questions or concerns please call our office at **904-249-2580**.

Please call 911 for life threatening emergencies.