



Robert Graper, M.D. F.A.C.S

## **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 minute intervals and remove for at least 20 minutes between applications.
3. Drainage from your incision sites may occur following your procedure. It is recommended to change your dressings 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 increased in swelling, skin that is warm/hot to the 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 diet 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.
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 follow up appointment \_\_\_\_\_.
10. Call the office at 704.375.7111 with any questions or concerns.