



## My Ellevate Post Care Instructions

- Rest is helpful after the procedure. Activity that increases your pulse or heart rate may open vessels leading to bleeding, hematoma, additional bruising, swelling and the need to return to surgery to control bleeding.
- Do not engage in vigorous exercise or sports for at least 2 weeks or until approved by your physician.
- You may take Ibuprofen and Acetaminophen for discomfort.
- There should be minimal discomfort.
- Ice packs help to reduce swelling and discomfort. Packs can be applied 20 minutes on, 20 minutes off for the first 24-72 hours.
- There may be drainage from your incisions. This is normal and may last several days. You may place gauze sponges inside your compression garment to absorb any drainage.
- Wear your ACE bandage for 24 hours, and then remove.
- Switch to the provided compression garment for days 2-7 around the clock.
- After the first week the compression garment should be worn while sleeping for weeks 2 and 3
- The effects of the sun are damaging to the skin. Exposing the treated area to sun, tanning beds may result in increased scarring, color change, and poor healing.
- Do not use perfume or makeup in the treated area for 5-7 days.
- Do not shave in the treated area for 5-7 days or until tenderness is gone.
- Apply antibiotic ointment to the incision per physician's orders.
- Follow all physician instructions carefully as this is essential for the success of your outcome.

## Contact Us

- If you need to speak to a member of our care team, please call or text the office at **(813) 542-2587**.
- Urgent text messages received outside of regular business hours will be answered as promptly as possible during reasonable waking hours.
- Outside of regular business hours the answering service can contact the physician on your behalf for emergencies.