



THOMAS TREY SANDS, M.D.
PLASTIC AND RECONSTRUCTIVE SURGERY
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POSTOPERATIVE CARE – MINOR PROCEDURE

YOUR FIRST 48 HOURS

- Very Important:** If you have excessive bleeding or pain, call the office at (504) 888-4297, day or night.
- Activity:** In most instances, you may resume normal non-strenuous activity within several hours of your procedure.
- Dressings:** Keep you dressings as clean and dry as possible. Do not remove them until instructed to do so.
- Cold Water Compresses:** Cold water compresses help to reduce swelling, bruising and pain. Use unscented sanitary napkins dipped in ice water and then put them into a zip-lock bag. This should help, not hurt. If the ice feels too uncomfortable, don't use it as often. **NO ICE BAGS.**
- Driving:** You may drive if you feel normal. If you feel light-headed or “woozy”, **DO NOT DRIVE.** Either wait until the feeling passes or have someone else drive.
- Alcohol:** Alcohol dilates the blood vessels and could increase postoperative bleeding. Please don't drink if you are taking prescription pain pills, as the combination of pain pills and alcohol can be dangerous.
- Post Operative Appointments:** It is very important that you follow the schedule of appointments we establish after surgery.

LONGER TERM POSTOPERATIVE INSTRUCTIONS

- Sun Exposure:** If fresh scars are exposed to the sun, they will tend to become darker and take longer to fade. Sunscreen can help. Take extra care and precautions if the area operated on is slightly numb – you might not “feel” a sunburn developing!