SPECIFIC INSTRUCTIONS:

- Keep the head of your bed up (day and night) for 2 days following your surgery.
- Ice the surgery site for 2 days following your surgery, applying it 20 minutes on and 20 minutes off while you are awake. NEVER apply ice directly to skin.
- Keep head dressing clean and dry (no showering) until Dr. Lam removes it the day after your surgery. Begin to follow the suture site care after dressing removal. Apply a thin smear of Mupirocin Ointment to the suture site. Do this twice a day for 1 week. Should you develop redness and itching at the incision site, notify Dr. Lam’s office. Be sure to make an appointment to have the sutures removed.
- Males are not to shave for 2 weeks following surgery, then use an electric razor for two weeks after that.
- Avoid strenuous activity (i.e. lifting or exercising) for the next 2 weeks. Do not use a public pool or whirlpool until your incision is completely healed.

Please return for your post-operative appointment as scheduled.

Patient Signature: _______________________________________________________

Witness Signature: ______________________________________________________

Date and Time: _________________________________________________________