



ORANGE OFFICE BASED SURGERY, PLLC

Ran Y. Rubinstein, MD

POST-OPERATIVE INSTRUCTIONS

Patient:

Surgery Date:

Post-Operative Instructions for **Precision Tx for Sweating**

IN CASE OF AN EMERGENCY

- During business hours: call the office @ **845-562-6673**
 - After hours or weekends: call Dr. Rubinstein's pager @ **888-235-9868**
 - **Avoid** going to the emergency room without contacting the office first for further instructions.
1. Rest on the day of surgery. Drink plenty of clear liquids during the first two days following surgery. You can eat whatever you feel like, however it is suggested that you begin with soups, toast, or other easily digested foods. Do not drink alcoholic beverages including beer and wine, for the next 24 hours. On the following day you can do those activities that you feel able to do and resume your normal activities as your physician directs.
 1. Nausea and vomiting can occur during your ride home. This is a common occurrence and is normal for many patients. If the nausea does not subside within 6 hours, you should contact your physician.
 2. You may feel dizzy, lightheaded or sleepy for 12 to 24 hours after your procedure. This is perfectly normal, but you should not drive or operate any mechanical or electrical device until this feeling has worn off.
 3. You should not sign any important documents or make important decisions for 24 hours after your procedure.
 4. Discomfort or pain is usually relieved by pain relievers as prescribed by your doctor. Stomach discomfort and/or nausea can be caused by oral pain medication if you have not eaten some food; e.g., crackers and soup.
 5. If antibiotics were prescribed assure that you finish the prescription.
 6. Call for a follow-up appointment with your doctor if you have not already done so.
 7. If you have a dressing, follow the directions of your doctor. Generally; you should keep your dressing dry and in place until you are instructed to remove it.
 8. **It is very important that you wash your hands before changing your dressings or touching your surgical site.**
 - Touch surgical site or area around incision as little as possible.
 - Keep everything that comes in contact with the area as clean as possible.
 - No soaking of wound in water (including Jacuzzi) until sutures or staples are out and wound is completely healed. May shower after 48 hours.
 - Refer to your discharge instructions regarding how often to change the dressing.
 - Watch for signs of infection:
 - **Increased redness or swelling**
 - Increased pain
 - Purulent (thick yellowish drainage) drainage from the incision
 - Fever above 100 degrees.
 - Red streaks from incision
 - **For any of the above symptoms, contact our office right away.**

You can expect:

- Before your surgery, purchase and bring to your surgery an Under Armour HeatGear® Compression Short sleeve T-Shirt. This will help keep the under arm bandage in place. Shave your arm pits 1 to 2 days before your surgery and shower with Dial antibacterial soap on the day of your procedure.
- After, surgery keep your bandage and Under Armour HeatGear® Compression Short sleeve T-Shirt on for the first 24 to 48 hours and do not remove. Replace the gauze if it becomes soaked with drainage or falls off. You can use maxi-pads with tape.
- You may notice blood tinged drainage coming through your dressing- this is normal. You may also notice a gush of clear fluid coming out from your dressing in the first 24 to 48 hours. Do not be alarmed. This is normal.



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The fluid is the anesthesia fluid (tumescent) solution that was injected during your procedure. Replace the absorbent pads (you can use "ABD pads" or maxi pads) as needed until the drainage has subsided.

- Your first post operative visit will be one week post surgery.
- The greatest discomfort is usually the first 24 to 48 hours. Thereafter, you will find that you require less pain medication. Most patients will stop taking the prescribed narcotics and switch to Tylenol.
- You may drive once off the pain pills and when you experience no pain with this activity.
- No bathtub, sauna, or Jacuzzi for at least 2 weeks after your surgery.
- You can take a shower 48 hours after your procedure.
- Do not shave in the treated area for 5 to 7 days or until tenderness is gone.
- Do not use deodorant or powder in the treated area for 5 to 7 days.
- Refrain from any exercise for two weeks following surgery. You may do light walking as soon as the next day. No heavy lifting or vigorous aerobic training two weeks.
- No smoking for two weeks prior and two weeks after your procedure. Nicotine reduces blood flow to the skin and cause significant complications during healing.
- Gently begin to massage under your arms, after 1 week from your procedure, over the next several weeks to help reduce scar tissue.
- You will notice that after the first 2 weeks that the area treated becomes hard. This will subside over the course of a few weeks and is normal.
- With Precision Tx, it is normal to have some bruising and swelling that persists for up to 2 to 3 weeks. Remember, the final phase of healing, where the sweat gland ablation takes hold, resulting in less sweat production, can take up to 6, to be completed. Each day, you will see a continued improvement.

•Call the office if:

1. Severe pain not responding to pain medication
2. Swelling that is greater on one side than the other
3. Incisions that are red or feverish or if you have fever greater than 101 F
4. Fingertip numbness that lasts beyond the first day.
5. any other questions or problems arise

I hereby acknowledge receipt of post-procedure instructions. I have read and understand the instructions.

Patient Signature	Date	Coordinator Signature	Date
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Ran Y. Rubinstein, MD	Date	Nurse Signature	Date
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Revised 6-9-09