

mild[®] Post-Procedure Care

To achieve optimal recovery and rests,
follow these instructions carefully.

What to Expect After the *mild*[®] Procedure

- You should be discharged and able to walk on the same day of the procedure.
- As with any procedure, you may feel sore afterwards. If you feel extreme discomfort or pain, contact your physician immediately.

Medication

- Tell your physician about any prescribed or over-the-counter medications you are currently taking.
- Continue taking them as directed by your physician(s).
- If you feel soreness or minor discomfort, you may take prescribed medication.

Activity Restrictions & Resumption

- Avoid strenuous exercise and heavy lifting for 2 days after procedure.
- Walking is the best exercise, and daily walking is strongly recommended.
 - Gradually increase the length and distance of your walks. Start inside your home, then progress to out and around your home, as tolerated, and progress to your neighborhood or shopping center.
- Try to limit long car rides (greater than 1 hour) for a few weeks, or as tolerated.
- Do not drive while on pain medications.

Incision Care

- Remove the outer dressings 4 days after the procedure.
 - Adhesive strips will cover the incision(s) and should begin to fall off within 7–10 days after the procedure. If they have not fallen off after 14 days, you may remove them.
- You may begin to shower 48 hours after the procedure.
 - Do not sit in the bath.
 - Do not rub the incision.
- Do not apply lotion, medication, or cream to the incision.

Post-Procedure Office Visits

- Follow-up appointments will be conducted at 2 weeks and 4 weeks post-procedure.
 - If your follow-up appointments have not been scheduled, please contact the phone number below within 24 hours after your procedure to schedule your appointments.
 - **(215) 366-2803.**

Warning Signs

- Call your physician immediately, at **(215) 366-2803**, if you experience any of the following:
 - Constant bleeding from the incision that will not stop after applying direct pressure for 10 minutes.
 - Swelling, redness, or a change in drainage at incision site (such as an increase in amount of fluid, a foul odor, or a change in color).
 - A change in mental status, such as unusual behavior, confusion, or difficulty standing or walking.
 - A temperature greater than 101 degrees Fahrenheit.

Additional Notes/Instructions

-
-
-
-

Phone Number : 215-366-2803