

## **POST IMPLANT INSTRUCTIONS**

We have prepared a list of Do's and Don'ts for when you go home from the hospital.

### **DO:**

1. Call our office if any of the following occur: swelling, drainage, redness, the wound starts to open, or you start to run a fever.
2. Protect your incision from getting wet for 3 days.
3. The wound dressing will need to be changed daily and covered with sterile gauze pads for 3 days. No dressing needed after this.
4. Call our office and schedule a follow up visit for 2-4 weeks from implant with your doctor and Katie Holland RN, for device check.
5. You will need to schedule regular follow up after each visit. It is very important that you keep your appointments, if you must miss an appointment please call to reschedule as soon as possible.
6. Call our office with any questions regarding your treatment.

### **DON'T:**

1. Don't lift your arm on the affected side above your shoulder for 2 weeks.
2. Don't push, pull, or lift over 10 lbs with the affected arm for 2 weeks. You may use your arm for other daily activities.
3. Don't use creams or lotions or home remedies on your incision. After the dressing is removed you will not need to keep the incision covered, leave open to air.