



After surgery, it is important for you to have someone available to stay with you for the first 24-28 hours, as you will be weak and drowsy. You may require help the first few times you get out of bed.

It is important to get out of bed early and often after your surgery (with assistance) to prevent postoperative problems. Please take deep breaths frequently to keep your lungs clear (15-20 per hour.) Keep your head elevated about 30 degrees (two pillows) with the knees slightly flexed.

After surgery it is best to go to bed and elevate your head and shoulders on at least 2 pillows.

A light diet is best after surgery. Begin by taking liquids slowly and progress to soups or Jell-O. You may start a regular diet the next day.

Please take the pain medication only if you have pain. Take it with crackers, Jell-O, etc. You should need it the first 2-3 days after surgery every 3-4 hours.

For the first 48 hours keep your arm movements to a minimum. Your arms should not be used to support your body or lift anything heavy. Do not push with your arms to lift yourself in bed.

You will have skin tape over your incision. This will protect the incision for 7-10 days. You can shower with the tape in place.

DO NOT SMOKE. This is very important.

You may wear a camisole or no bra after surgery. Dr. Camp will advise you when you may wear an underwire bra (usually 6 weeks after surgery.)

Strenuous activities and exercises are to be avoided until 3 weeks after surgery. (Heart rate should stay below 100 beats per minute.) You may gradually resume normal daily activities after 48 hours being careful to avoid any activity that causes pain or discomfort.

Driving may be resumed when a sharp turn of the steering wheel will not cause pain; this is usually within 5-7 days.

All incisions will be extremely sensitive to sunlight during the healing phase. Direct sun contact or tanning booths are to be avoided and use a sunscreen with SPF of 15 with UVA and UVB protection for at least 6 months. The incision scars can be massaged with a moisturizing cream starting 3 weeks after surgery. This will promote early softening and maturation of these areas.

WHAT TO EXPECT AFTER SURGERY

Sensations like numbness, sharpness, and burning are common during the healing process. These sensations may last several weeks and will gradually disappear.

Bruising and swelling are normal for 2-3 weeks. It will disappear over time.

Please note

If you have nausea, vomiting, rash, shortness of breath, or diarrhea after taking your medications, please call our office.

If you develop a fever (oral temperature greater than 100°), redness and/or increased pain at the surgical incision sites, please call Dr. Camp immediately.

If you have major dental work or major surgery, please notify Dr. Camp so he can prescribe a pre-operative medication to protect your implants from possible infection.

IF YOU HAVE ANY QUESTIONS, PLEASE CALL DR. CAMP

If you are a patient at one of the facilities below, please call between the hours of 8:30-5:00. If you need immediate care, please call Dr. Camp anytime on his cell. There is no such thing as a minor question. I would rather you call me than wonder and not do the right thing, so please call my office, or email me anytime.

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