



Post-Procedure Care Template

The following template is designed to help you create clear post-procedure care instructions for your *mild*® patients. Guidelines in this template are not comprehensive and should be considered suggestions only. You should modify the document as you see fit and add any specific instructions (or remove any suggested guidelines) according to their relevance to your practice and the circumstances of each individual patient.

TEMPLATE

[ENTER PRACTICE LOGO
& PHYSICIAN NAME]

mild[®] Post-Procedure Care

To achieve optimal recovery and results,
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 [ENTER MEDICATION TYPE/FREQUENCY].

Activity Restrictions & Resumption

- Resume normal activity within 24 hours with no restrictions. Walking is the best exercise, and daily walking is strongly recommended to begin reconditioning your body.
 - 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.
- Avoid strenuous exercise and heavy lifting for [ENTER # OF DAYS/WEEKS].
- Try to limit long car rides (greater than 1 hour) for a few weeks, or as tolerated.
- Do not drive while on pain medications.
- [ENTER ANY OTHER EXERCISE, PHYSICAL THERAPY, ETC. INSTRUCTIONS].

Incision Care

- Remove the outer dressings [ENTER # OF DAYS] 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 [ENTER # OF DAYS] days after the procedure.
 - Do not sit in the bath.
 - Do not rub the incision.
- Do not apply lotion, medication, or cream to the incision.

TEMPLATE

Post-Procedure Office Visits

- Follow-up appointments will be conducted at [ENTER # OF DAYS/WEEKS] and [ENTER # OF WEEKS] weeks post-procedure.
 - If your follow-up appointments have not been scheduled, please contact [ENTER NAME] at the phone number below within 24 hours after your procedure to schedule your appointments.
 - [ENTER PHONE NUMBER FOR SCHEDULING HERE].

Warning Signs

- Contact your physician immediately, at [ENTER PHONE NUMBER], 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

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[ENTER PRACTICE/PHYSICIAN CONTACT INFO]
Emergency/After-hours Contact: [ENTER PHONE NUMBER]