



Local Anesthesia Procedures - Discharge Instructions

Dressings

- Your dressings consist of skin glue (if not allergic), Steri-strip(s), a non-adherent gauze and Tegaderm clear tape over your incision.

Dressing Care

- Leave all dressings in place for 48 hours and do not get dressings wet.
- After 48 hours you may remove your outer dressings (clear tape and non-adherent gauze) and shower.
- It is not necessary to replace any dressings once the original dressings are removed, unless you are specifically told to do so.
- The Steri-strip(s) are designed to get wet and will fall off on their own. Once the Steri-strips begin to lift off on their own, you may gently remove them.
- The skin glue will appear as a thin black film over the incision. This will also peel off on its own over time or you can gently do so on your own.

Activity / Wound Care

- Avoid strenuous activity that dramatically elevates your heart rate until after your follow-up appointment.
- Avoid activities that place excessive tension across the incision as much as possible until after your follow-up appointment.

Pain Medication

- Local anesthesia was injected around your incision and the area will likely be numb for at least 3-6 hours after your procedure.
- You may use Tylenol and Ibuprofen for pain control (follow dosage instructions on the bottles).
- If you were prescribed narcotic medication for pain control, that may be used as needed in addition to Tylenol and Ibuprofen.