

# After a Minor Procedure

## Going home the same day

### Today

- **Rest at home.** Do not drive, ride a two-wheeler, cook on an open flame, or make important decisions for 24 hours if you had any sedation or anaesthesia.
- **Start with sips of water.** If you do not feel sick after 30 minutes, move to tea and light food, then a normal meal. There is no need for a special diet.
- Keep the operated part **elevated** — a hand or arm on a pillow, a leg raised on cushions. This is the single best thing you can do to reduce pain and swelling.
- Take the painkillers we have given **before the numbness wears off**, not after the pain starts.

#### NUMBNESS AFTER LOCAL ANAESTHESIA

The area may stay numb for several hours. **Protect it** — do not test it with anything hot, and be careful with a numb hand near flames or hot vessels. Do not walk on a completely numb foot without support.

### The dressing

- **Keep it clean and dry.** Do not remove or peek under it before the date we have told you.
- For bathing, cover it with a plastic sheet taped at the edges, or use a waterproof cover. **Do not soak it in a bucket bath.**
- A small amount of blood staining on the first day is normal. If it soaks through, place another pad on top, press firmly for 10 minutes, elevate, and contact us if it continues.

#### CONTACT US IF YOU GET

Increasing pain after the second day · spreading redness around the wound · pus or a bad smell · fever · the dressing soaking through with blood · numbness, pins and needles, or fingers or toes that turn pale, blue or very cold

**Next dressing on:** ..... **Stitches out on:** .....

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