



Hyperhidrosis Discharge Instructions

Diet:

You may resume a regular healthy diet. It is important to drink plenty of fluids, unless otherwise instructed.

Activity:

Increase activity level gradually, resume normal activities in 5 days.

It is ok to walk stairs

No heavy lifting (over 10 pounds) for 5 days

No swimming for 2 weeks

No driving or operating motorized vehicles while on prescription pain medications

It is ok to drive otherwise if not on any pain medications

Resume sexual activities when you feel ready

Bathing:

You can shower normally when you get home

The dermabond (special glue) will flake off, do not pick at it

Gently let soap and water run over you incision and pat dry

Do not scrub the incision/ wound

Don't soak in a bath until your incision is healed

Wound Care:

You may leave you incision open to air. Keep your incision clean and dry.

No lotions, creams, ointments, or powders on the incisions until they are well healed

You have glue over the incision(s) that will fall off on its one; do not pick it off

Observe the wound daily, checking for signs and symptoms of infection including: increased redness, increased pain at incision site, drainage from incision, increased swelling at incision site

Pain Control:

Except post- operative pain for 24-48 hours

You have been provided with a prescription medication for pain. Please take as directed, and be aware of side effects such as drowsiness, constipation and mild stomach discomfort. Pain pills on an empty stomach can cause nausea, so eat a small amount of food, such as crackers, when taking this medication.

Take over-the-counter stool softeners (Colace or Senna) with your prescribed pain medication.

Acetaminophen (650mg every 6 hours) or Ibuprofen (600mg every 6 hours) may be used in conjunction with narcotics to relieve burn pain if you do not have an allergy to no-steroidal anti-inflammatory medications and if you do not have a history of gastrointestinal bleeding ulcers.

You should expect a certain amount of pain which is localized in the chest cavity and in your back between the shoulder blades. Patients often describe it as a heavy pressure on their chest which gradually goes away within 24 hours.

Call 352-333-5610 immediately if you have any of the following:

Warmth, redness, or swelling in the skin around the wound

Foul drainage from incision

Extensive bruising or discoloration

Wound that opens up or pulls apart

Fever above 101.5F or shaking chills

Nausea or vomiting

Severe diarrhea or severe constipation

Dizziness or fainting

Chest pain, shortness of breath, or increased work of breathing

Inability to urinate for more than 6 hours

Excessive pain not relieved by pain medication

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