



## POSTOPERATIVE INSTRUCTIONS

- 1) Go home and rest!
- 2) Call Dr. Glaser immediately at (818) 905-6600 if you experience any of the following: fever, chills, nausea/vomiting, excessive swelling, worsening pain, or weakness.
- 3) Please call Dr. Glaser's office at (818) 905-6600 to schedule a follow-up appointment for one week after your LAST procedure.
- 4) Take your post-surgical/procedure medications as prescribed.
- 5) Apply ice to treated area as needed for pain/swelling. Ice can be applied up to 10-15 minutes of each hour for the first 24 hours.
- 6) It is normal to be sore at the procedure site(s) for up to a week. Occasionally, patients may experience mild bruising at their procedure site(s).
- 7) It is normal to have a numb or heavy leg(s)/arm(s) for several hours after your procedure.
- 8) **DO NOT** resume physical therapy or other exercises until getting clearance from Dr. Glaser.
- 9) Unless told otherwise you can shower the day following your procedure. Please refrain from bathing for 1 week.

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SIGNATURE OF PATIENT OR PATIENT'S REPRESENTATIVE

\_\_\_\_\_  
DATE

\_\_\_\_\_  
NURSE SIGNATURE

**POSTOPERATIVE  
INSTRUCTIONS**

Patient Label Here