

*Dr. Gail Jackson*

**Post Bio-Identical Hormonal Therapy Suture Instructions**

Dr. Jackson has closed the small incision site with a thin absorbable suture and covered the area with a band aid. The band aid can be removed to shower. Place a small band aid over the area to protect the site from contact with your clothing for three (3) days. After three days there is no need to cover the area with a band aid. The suture will dissolve in about 2 ½ weeks.

**THREE DAY RULES:**

**NO!!!**

- **HOT TUB OR SWIMMING POOL**
- **EXERCISE** (running, lower body workout, squats)

**YES!!!**

- **TUB BATH** (very small amount of water) Keep from submerging the area.
- **SHOWER**
- Take large bandage off and cover the area with band aid when wearing clothing for two (2) days
- **EXERCISE** (upper body, power walks)
- **SEX, SEX, SEX**

**IMPORTANT INFO:**

- Your breasts/nipples may become tender. This will resolve in 1-2 weeks. Increase your intake of potassium (bananas, pineapples) or take a mild diuretic (we can prescribe). Wear a sports bra for support.
- Avoid scrubbing the site until the incision is fully healed (about Ten (10) days).
- The sodium bicarbonate and the anesthetic may cause the site to swell for (1-3) days. Do not worry, this is normal.
- The incision site may be tender or uncomfortable for five (5) to ten (10) days. Rub it gently.
- Take Ibuprofen 400mg-600mg every 6hrs for pain, as needed. Or rub on Homeopathic Traumeel (Arnica) ointment 3 times a day.
- Apply warm heat compress to the area as needed. This will ease the ache.
- Call our office if you have any bleeding or oozing of pus coming out of the incision site or if the suture does not fall off in three (3) weeks (310)451-2300.
- Please call or email the nurse in two (2) weeks to let us know how you are feeling at [info@drgailjackson.com](mailto:info@drgailjackson.com).

**RUB/HEAT/LOVE for three (3) days and then the Magic Begins!!!!**

**Enjoy the NEW Fabulous you!!!**

**REMINDER:**

Please recheck labs:

Four (4) weeks after initial insertion...Date of Blood Draw\_\_\_\_\_

**YOUR NEXT SCHEDULED LAB WORK APPOINTMENT**

**DATE:** \_\_\_\_\_ **TIME:** \_\_\_\_\_