

# BERNSTEIN MEDICAL, PC

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## Instructions for Staple Removal

Patient's Name: \_\_\_\_\_

Date of Surgery: \_\_\_\_\_

### First Removal

Days Post-op: \_\_\_\_\_

Date: \_\_\_\_\_

Instructions:

1. With one hand lift hair to expose the stapled area
2. Start with the first staple
3. Position the remover with the double sided prongs under the staple
  - a. Have the flat part of the staple remover flush with the skin surface
4. Squeeze the handle completely until it stops
  - a. Press down with the thumb while keeping the other fingers still
5. Lift the staple remover with the staple straight up (directly away from the scalp)
6. Repeat, removing every other staple

### Second Removal

Days Post-op: \_\_\_\_\_

Date: \_\_\_\_\_

Instructions:

1. Remove the remaining staples
2. If three staple removal sessions are recommended, then remove alternating staples

### Third Removal

Days Post-op: \_\_\_\_\_

Date: \_\_\_\_\_

Instructions:

1. Remove the remaining staples