

## How to Use Clonidine Patches

Use Clonidine Patches as directed by your doctor. Check the label on the medicine for exact dosing instructions. Video instructions are on our website: [PacificCenterPlasticSurgery.com](http://PacificCenterPlasticSurgery.com) under Patient Resources, Instructional Videos, Pre-Operative Instructions: Clonidine Patch Instructions.

- Apply the patch to a hairless area on the upper outer arm as directed by our office. If your blood pressure is normal, it is usually applied two days prior to surgery and left on for one week. If directed to place one prior to that, it should be changed in 7 days if applicable. The area chosen should be free of cuts, scrapes, irritation, scars, and calluses. Do not place the patch on skin folds or under tight undergarments because it may come loose. If more than one patch is prescribed then the new patch should be placed on a different skin site from the previous site.
- Wash your hands with soap and water and dry them completely before applying Clonidine Patches.
- Clean the chosen area with soap and water. Rinse the area and wipe it with a clean, dry tissue.
- Remove the patch from the pouch. Remove the clear plastic protective backing from the pouch by gently peeling off one half of the backing at a time. Avoid touching the sticky side of the patch.
- Place the patch on the skin site (sticky side down) by applying firm pressure on top of the patch. The adhesive overlay does not contain any medicine and should not be used alone.
- Wash your hands with soap and water to remove any medication that may be on your hands.
- If the patch does not stick firmly or begins to come loose, apply the adhesive overlay on top of the patch. The adhesive overlay does not contain any medicine and should not be used alone. Make sure the patch is not upside down.
- After removing the used patch, fold it in half with the sticky sides together. Discard the patch out of the reach of children and away from pets. Even after it has been used, the patch contains active medicine, which may be harmful if accidentally applied or ingested.
- Call the office if you do not feel well, become dizzy, confused, lethargic; (949) 720-3888.