

SURGERY WOUND CARE INSTRUCTIONS

WHAT SHOULD I DO RIGHT AFTER SURGERY?

Leave your bandage **IN PLACE** and DRY for the entire time until you return to the office for your suture removal appointment. **DO NOT REMOVE** the outer bulky dressing **OR** the steri-strips underneath.

DO NOT get the bandage wet. If the area needs to be cleaned around the dressing, then you may use a damp wash cloth.

If the bandage falls off or gets wet, you may remove the bandage, wash the wound with mild soap and water, apply Vaseline or Polysporin to the wound and cover with a bandage everyday until returning to the office.

You may apply a cool compress for 20 minutes 3-4 times during the first 24 hours. If there is any bleeding, apply firm, **CONTINUOUS** pressure to the area for 20 minutes. If this does not stop the bleeding, call the office or report to an emergency room.

Unless already prescribed by your doctor, do not take aspirin or aspirin-containing products for seven days after surgery. Tylenol may be used to alleviate mild pain in place of the Hydrocodone-acetaminophen given. **DO NOT** take Tylenol and Hydrocodone-acetaminophen together. Avoid alcohol consumption.

Elevate the area where the surgery was performed as much as possible. **NO** heavy lifting, bending over, vigorous exercising, or heavy yard work/chores that might put the sutures under additional stress and interfere with proper healing for the next 7 days. Such activities may cause you to bleed from your wound so keep them to a minimum.

Remember that full maturation of the wound usually takes 3-6 months, and that the initial pink color of the wound will ultimately turn white. Please return to the office when scheduled to have sutures removed.

** *DO NOT USE NEOSPORIN OR TRIPLE ANTIBIOTIC OINTMENT* **

IS THERE ANYTHING I SHOULD LOOK FOR?

You should also notify us immediately if you notice any strong odor, a lump underneath the sutures, pus coming from the wound, extreme redness or red streaks, elevated temperature, pain not relieved by Hydrocodone-acetaminophen, or if you develop a fever and/or chills. If you are worried by the appearance of the surgery site or have any questions/concerns, please call the office at (352) 371-7546.