

Post-Operative Wound Care

The following items will be needed for at home wound care: **SOAP** (liquid anti-bacterial soap (e.g. Dial) **OINTMENT** (Aquaphor Healing Ointment, Polysporin or Bacitracin antibiotic ointment) **BANDAGES** (e.g. Curad Non-Stick Pads, Ouchless Adhesive Pads, or a generic equivalent, or gauze and paper tape if you have an allergy to adhesive).

1. Keep surgical dressing in place and dry for the _____ days.
 2. Remove dressing after _____ days. If steri-strips (butterfly bandages) were applied under the outer bandage, leave in place. Allow the steri-strips to fall off gradually while washing surgical wound.
 3. Gently clean surgical wound with liquid anti-bacterial soap and water once daily after dressing is removed.
 4. Apply _____ ointment and a new bandage to the surgical wound twice daily to prevent a scab or crust to form. Scabs and crusting can inhibit proper healing. This will help prevent infection and will promote healing with less scar formation.
 5. Expect some swelling, redness and discomfort around the wound for the first 2-4 days. If surgery site is on the scalp or face it is normal to develop swelling and bruising around the eyes. Sleeping in an inclined position (head raised with 2-3 pillows) and applying ice around the eyes every 15 minutes while awake for 1-2 days will be helpful. Tylenol may be taken for discomfort.
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6. If bleeding occurs, apply firm constant pressure with clean gauze to the wound for 20 minutes without peeking. This may need to be repeated within the first 48 hours, especially for patients on blood thinners. In the rare occurrence that bleeding continues, call our office or you may go to the nearest emergency room for assistance if after hours.

7. If an antibiotic was prescribed, please take it until it is gone. Please notify the office if any side effects occur.
8. Avoid heavy exercise, sporting activities or strenuous activities until sutures are removed. Then, you may slowly increase your activity level over the next several weeks. NOTE: Your wound will not be back to full strength until 8 weeks after surgery. Please be cautious in how you increase your physical activity.
9. It is important that you return to our office for suture removal and evaluation to ensure that healing is progressing satisfactorily.
10. Please contact our office for any questions or further assistance.