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WOUND CARE INSTRUCTIONS

Please leave the initial dressing on for the first 24 hours after surgery. Keep this dressing clean and dry. After 24 hours you will start daily dressing changes.

The goal is to keep the surgical site **CLEAN, MOIST, and COVERED** until you return for your surgical follow-up appointment, or as long as otherwise instructed.

- Remove the dressing.
- Clean the surgical site gently with soap and water, using a cotton swab or clean finger tips.
- Gently pat the area dry with a clean towel or gauze.
- Apply a bland ointment, such as petrolatum jelly (Vaseline) or Aquaphor Healing ointment (an over-the-counter ointment made by Eucerin).
- Cover the site with non-stick/non-adherent gauze and tape. You may be able to use pre-made Band-Aid bandages, depending on the size of the surgical site.

NOTE:

Topical antibiotic ointments are not necessary and can cause irritant and/or allergic reactions. If you only have Bacitracin, Neosporin, or triple antibiotic ointment available, then you can use it, but discontinue if irritation develops and switch to a bland ointment, as suggested above.

It is not advised to use either hydrogen peroxide or alcohol on a healing surgical wound unless a crust or scab develops, which should not happen if the above instructions are followed. Do not use hydrogen peroxide on a wound without sutures.

If you develop soreness or pain feel free to use Tylenol/acetaminophen.

Please avoid other pain relievers, such as Advil, Ecotrin, Bufferin, Aleve, Motrin, Excedrin etc., and avoid all exercise, strenuous activity, and alcohol for at least five days post-operatively as they can thin the blood and result in more swelling, bruising, and a higher risk of infection. ***If you take aspirin, Coumadin, or Plavix as directed by a physician, do not stop these medications.***

If you develop bleeding, do not remove the dressing. Apply firm pressure over the area for 20-30 minutes using a dry towel or washcloth. It is essential to hold continuous pressure for at least 20 minutes in order to allow the blood to clot and the vessels to seal. Reinforce the dressing with additional gauze once the bleeding has stopped.

If you cannot stop bleeding after 30 minutes of continuous pressure or if the wound becomes painful, warm, or begins to drain please call the office.

Feel free to call with other questions or concerns.