

POST-SURGERY WOUND CARE INSTRUCTIONS

1. Keep initial dressing dry and do not remove for 24 hours. You may shower after the initial 24 hours.
2. After 24 hours, change the dressing **twice daily** using the following steps:
 - a. Wash hands before and after each dressing change.
 - b. Remove old bandage. Wash with soap and water. You may want to shower with the old bandage to make it easier to remove.
 - c. Pat the wound dry with clean gauze or towel.
 - d. If there is a lot crusts and dried blood, apply diluted hydrogen peroxide (half peroxide/half water) with a Q-tip.
 - e. Apply Aquaphor or Vaseline petroleum jelly to keep wound moist.
 - f. Cover with a Bandaid or non-stick Telfa gauze (can get at any pharmacy).
3. If instructed, use an ice pack, applied on top of the bandages for 15 minutes every 2 hours during waking hours on surgery day to reduce swelling.
4. Take Extra-Strength Tylenol if pain is present.
5. Limit bending, heavy lifting, or strenuous exercise until sutures are removed.
6. If bleeding starts, apply firm, continuous pressure on the wound for 15 minutes without removing the bandage. This will usually stop minor bleeding. You should contact us if the bleeding does not stop after the 15 minutes of applying pressure.
7. If your wound becomes red, warm, painful or begins to drain green/yellow material, or if you develop fever $>101^{\circ}$, please notify our office.

Please call our office if you have any questions or concerns.

****You will need to have your sutures removed in _____ days****
Please schedule your suture removal appointment when you check out