



## POST-OPERATIVE WOUND CARE INSTRUCTIONS

- Leave the bandage applied by our office on for approximately 24 hours. After that time, you may start your wound care (checked below) unless otherwise instructed by our office.
- Supplies needed for sutured and open wound care: Peroxide, Q-tips, Polysporin (antibiotic) ointment, Telfa (non-stick) pads, paper tape, clean scissors
- **ALWAYS WASH YOUR HANDS PRIOR TO DRESSING CHANGES !!!!!**
- **STERI-STRIP WOUND CARE** - After removing your outer dressing, your steri-strips do not require any further care except for keeping them dry after showering. You may cover them with a light bandage if needed. Our office should remove these strips. However, it is not uncommon for them to start to peel off several days after application. Please leave them intact until your next office visit or otherwise instructed by our office.
- **SUTURED, STAPLED AND OPEN WOUND CARE** – twice daily
- After removal of our dressing, saturate Q-tips with peroxide and gently cleanse the surgery site using mild friction around the edges and inside the wound. A foaming action is usually seen with the use of peroxide. NEVER dip a used Q-tip back in the peroxide.
- Dry the surgery site with a Q-tip or gauze pad
- Apply a thin layer of antibiotic ointment directly over the surgery site. NEVER reapply ointment from the tube to a used Q-tip. Please contact our office if you develop increased redness or itching from use of your antibiotic ointment.
- Cut the Telfa (non-stick) pad to fit the size of the surgery site and secure with paper tape.
- When you are inside, a bandage is not necessary as long as you have adequate coverage with your antibiotic ointment.
- **GRAFT SITE** – Keep dry at all times; leave open to air; do not clean or apply ointment to the area.
- **BLEEDING, SWELLING, BRUISING** – Mild to moderate symptoms may occur in the first 24 hours. Excessive bleeding, swelling, and bruising are abnormal and require attention. If you experience excessive bleeding following your surgery, apply FIRM pressure DIRECTLY over the surgery site for 20 minutes (timed by the clock). If bleeding does not stop, use pressure for an additional 20 minutes (timed by the clock). If bleeding has not stopped, call our office at 704-375-6766 or go to your local emergency room. Elevation of the affected area ABOVE THE LEVEL OF THE HEART may also assist to decrease bleeding and swelling. If your wound is on your face, head, or neck you may sleep with your head elevated on 2 pillows. Avoid bending from the waist; an arm or leg should be elevated above the level of the heart to decrease symptoms. ALCOHOL may increase your risk for bleeding and therefore should be avoided 2-3 days following your surgery. SMOKING directly interferes with healing and therefore should be avoided after surgery.
- Swelling and bruising are fairly common and should start to subside 3-4 days following your surgery. It may take 2-3 weeks for these symptoms to completely subside.