

POST-OPERATIVE WOUND CARE INSTRUCTIONS

1. Keep site clean and dry for 24 hours. Bandages should be removed if they get wet. Pool and ocean water are sources of infection and should be avoided until stitches are removed or if you do not have stitches, for a few days after the procedure is performed.
2. After 24 hours you may get the wound wet (take a shower, etc) and begin dressing changes. Carefully remove the old dressing. Start cleaning the wound with hydrogen peroxide mixed 50:50 with clean water once daily with cotton swabs. Make sure that the hydrogen peroxide is rinsed off well as it may irritate the wound site and inhibit healing. Gently clean off scab and crust from stitches. Carefully dry wound with gauze.
3. Apply vaseline (white petroleum jelly) to the wound after each cleaning. Cover with Telfa pads cut to size. If there is draining or oozing you may add gauze on top on the Telfa. Cover with paper tape.
4. It is very important to keep the wound clean and moist with ointment during the initial healing period. Continue this wound care until the stitches are removed.
5. Unless prescribed by a physician, avoid aspirin abstain from alcohol for 3-5 days after surgery, as these increase your risk of bleeding. Take Tylenol (1-2 tabs every 4-6 hours as needed) or other pain medication as prescribed by your doctor. Nonsteroidal anti-inflammatory drug (NSAID) such as ibuprofen, Motrin, Aleve, Celebrex, etc, are acceptable alternatives to Tylenol if you are able to tolerate them.
6. If the wound is bleeding, apply constant, firm pressure for 20 minutes. Do not "peek" at the wound during these 20 minutes. Repeat if necessary. If bleeding cannot be controlled, call the doctor, the answering service, or go to an emergency room.
7. If you have stitches avoid strenuous exercise or activity (bending, lifting, crouching, etc) which would put stress on the stitches. Minimize activity for 4-6 weeks after surgery. If surgery was performed around the mouth avoid foods that are difficult to chew or opening the mouth wide. If surgery was performed on the legs, elevate the leg as much as possible and minimize weight bearing on that leg. Avoid lying or sleeping on the side where surgery was performed.
8. For a few days after surgery, there may be local swelling or mild drainage of clear or blood tinged fluid from the wound. If the wound looks infected (increasing pain or redness, pus, swelling, red streaks or fever) do not hesitate to call us at the office or answering service.
9. Return to the clinic in _____ days to have your sutures removed or for a wound check.
10. On the day of surgery ice (an ice pack or package of frozen veggies wrapped in a plastic bag or towel) may be applied for 10-15 minutes every 1-2 hours until you go to bed.
11. Once the stitches are taken out, protect the area from the sun with sunscreens or a bandage for the next 6-12 months to prevent darkening of the scar.
12. If any problems or questions arise, please call the office **(901) 624-3333** or the answering service if after hours at **(901) 541-5949**.

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WOUND CARE SUPPLY LIST

1. Hydrogen Peroxide
2. Vaseline
3. Telfa or other non-stick gauze
4. Non-sterile gauze pads (to blot surgical site dry after cleaning)
5. Paper or Surgical tape
6. Cotton tipped applicators (Q-tips)