



## WOUND CARE INSTRUCTIONS

11/29/12

1. For the first 24 hours after surgery, do not get the wound wet and keep the dressing as it is, do not remove.
2. After 24 hours, you may get your wound wet (i.e. take a shower, etc.). At this point you may start changing your wound dressing 2 times a day:
  - a. Carefully remove the old dressing.
  - b. If your wound is healing on its own, cleanse wound with soap and water.
  - c. If your wound has been repaired with stitches, cleanse the wound using hydrogen peroxide with a Q-tip.
  - d. Dry wound with gauze and apply Aquaphor or Vaseline using a Q-tip.
  - e. Cover with Telfa pads cut to size. If there is any oozing/draining you may also add some gauze cut to size.
  - f. Then secure the dressing in place with paper tape.
  - g. It is very important to keep the surgical site moist with ointment and covered with non-stick gauze during the initial healing.
3. If you experience any bleeding from the surgical site, apply extra gauze on top of the existing bandage and hold firm pressure for 30 minutes. If the bleeding persists after 30 minutes, call the office 784-4300.
4. On the day of surgery, you may apply an ice pack over the bandage for 10-15 minutes out of every hour (until bedtime) to minimize bruising and swelling.
5. If you experience pain after your surgery, take Tylenol (1-2 tabs every 4-6 hours as needed). If Tylenol does not relieve your pain please call the office 784-4300.
6. Avoid Aspirin (acetylsalicylic acid) or any product containing Aspirin (Anacin, etc.) for two week prior to and after the scheduled date of surgery. Avoid alcohol 48 hours prior to surgery and 24 hours following surgery.
7. For several days after surgery, local swelling and drainage of clear or blood-tinged fluid from the wound may occur. If there is persisting noticeable redness, swelling, pain and/or pus after 3 to 4 days, you may have an infection. Please don't hesitate to call us.
8. Avoid any strenuous exercise or activity (i.e. bending, lifting heavy objects) that could be harmful to the wound for at least three weeks.
9. If surgery was performed around the lips or cheeks, minimize activity for 2-3 weeks. [i.e. excessive laughing, smiling, eating any hard foods (steak, apples, etc.) should be avoided]
10. If surgery was performed on lower extremities, the leg needs to be elevated as much as possible. Activity and weight bearing the feet should be minimized.
11. Avoid lying or sleeping on the side where surgery was performed.