

POST SURGERY CARE INSTRUCTIONS

AFTER YOUR SURGERY – WOUND CARE INSTRUCTIONS:

The care you take of your surgical wound is extremely important to the success of the procedure and to your recovery. We have explained to you what to expect and how to care for your surgical wound. The following information is a written form of that information. Please read the information carefully and have it handy for reference.

WHAT TO EXPECT:

- Expect slight swelling, tenderness and mild redness at the surgical site. There can also be a drainage that is clear to slightly blood tinged. You may experience some mild pain or discomfort at the surgical site. These symptoms are your body's normal reaction to injury and will subside after a day to a few days after the procedure.
- A very small amount of bleeding from the surgical site may occur but should be minimal.

If these symptoms do not subside or if they become worse, please notify this office immediately. Bleeding at your surgical site is not expected and should be reported if it does not cease after the below actions are taken.

PRE-CAUTIONS: To reduce the possibility of all these bothersome but normal postoperative responses you are advised to do the following:

1. Limit your strenuous activities / sports for 2 weeks minimum.
2. Follow wound care instructions exactly as printed.
3. If you experience swelling, keep the operative site elevated if possible.
4. Apply ice for 20 minutes of each hour during the waking hours.
5. If surgery was on the face, head or neck.
6. Avoid stooping or bending.
7. Avoid Straining.
8. Sleep with your head and shoulders elevated on extra pillows PAIN: Most post-operative pain, usually mild, can be controlled with Extra Strength Tylenol.

BLEEDING: Should bleeding occur, apply firm constant pressure on the bandage for 20 minutes. (DO NOT PEEK!) This action will usually stop minor bleeding. If this does not stop bleeding, call our office immediately!

INFECTION: Infection rarely occurs when wound care instructions are followed. Pick up your antibiotics from the pharmacy and follow instructions for use.

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DAILY WOUND CARE:

1. Wash surgical site with soap and water; use enough pressure to remove any scab that may be forming.
2. Dry wound by blotting with clean cloth or 4 X 4 as directed.
3. Apply thin layer of Vaseline or Aquaphor with Q-stick as directed. NO NEOSPORIN, POLYSPORIN or Peroxide.
4. Cover with clean dry dressing until drainage ceases or until post-surgical visit (as directed).

PLEASE NOTE: Dissolving stitches require no wound care: the air will help them disintegrate. Although you will not need your stitches removed you may however be asked to come in for a follow up visit to check your progress.

If you have any questions or concerns, please call the office at 203-635-0770.