

## POST OPERATIVE WOUND CARE INSTRUCTIONS

The importance of your post-operative care to your surgical site cannot be overstressed. The care you take of yourself and your surgical wound is extremely important to the success of the procedure and to your recovery.

### **If No Steri-Strips were Applied**

1. Keep the pressure dressing on and dry for 24 hours. Okay to remove after 24 hours.
2. Beneath the pressure dressing, there will be a waterproof (Tegaderm) dressing. Keep this in place for another 24 hours (48 hours total). It will protect your surgical site when you shower.
3. After 48 hours, remove the Tegaderm dressing.
  - a. Gently wash the area with soap & water or sterile saline to remove any crusting along the suture line.
  - b. Pat dry with a clean towel and apply Aquaphor or Vaseline ointment.
  - c. Cover with a clean, non-stick bandage.
  - d. Repeat daily until your suture removal appointment.

### **If Steri-Strips were Applied**

1. Keep the pressure dressing on and dry for 24 hours. Shower with this pressure dressing. At the end of the shower, remove the dressing. You will see the steri-strips over the wound.
2. You may shower with the steri-strips every day. Do not remove. After the shower, make sure to dry them well with a towel or hair dryer. Avoid direct contact of the shower stream with the wound.
3. No further wound care is necessary as long as the steri-strips stay in place and remain dry. If they fall off, follow the, "If No Steri-Strips were Applied" instructions.

### **If Instructed to Keep the Site Dry**

1. Keep the pressure dressing on and dry for 24 hours. Okay to remove after 24 hours.
2. Beneath the pressure dressing, there will be a waterproof dressing. Keep this in place for another 24 hours (48 hours total). It will protect your surgical site when you shower.
3. After 48 hours, remove the dressing and apply a new non-stick pad and Tegaderm dressing. Make sure your hands are clean. You do not need to clean the wound.
4. Change the dressing every 48 hours after showering unless the dressing gets wet, then change immediately.
  - a. You may purchase a Tegaderm Wound Care pack from our office for \$25.
  - b. OR something waterproof like Nexcare Waterproof Bandages.

### **There are several things that can happen following surgery**

**Bleeding:** Bleeding can occur following surgery. To reduce this possibility, please follow these instructions.

1. Absolutely no exercise for 48 hours.
2. Avoid taking blood thinners, aspirin or ibuprofen based products for 48 hours unless advised by your physician. If there is discomfort, take only Tylenol or Extra- Strength Tylenol.
3. Avoid alcoholic beverages for 24 hours.
4. Should bleeding occur, apply firm, constant pressure on the area for 20 minutes. This should stop minor bleeding. If not, please call our office immediately.

**Infection:** The signs of infection are increased pain, swelling, redness or a yellowish discharge from the surgery site.

1. Should any of these signs occur, please call the office.

**Wound Opening:** To reduce this possibility, please follow these instructions.

1. If steri-strips were applied, dry them well after shower.
2. Avoid water sports (ocean, lake, pool and hot tub) entirely and limit physical activity until sutures are removed.

If you experience problems after hours or during the weekend, please contact the doctor on call at (949) 354-3775.

