**POST-OP WOUND CARE** 

**SUPPLIES:**

You will need to purchase the following:

* Hydrogen Peroxide
* Wound Healing Ointment (Polysporin or Aquaphor)
* Non-Adherent Pads (Telfa)
* Q-Tips
* Wound Care Tape

**Wound Care (Usually 48 hours later):**

1. Change the bandage twice daily beginning 48 hours after surgery.
2. Feel free to remove the bandage we placed at the time of surgery after getting it wet in a shower. (After 48 hours). If there is dried blood, it is best removed with Q-Tips soaked in Hydrogen Peroxide. Do not re-use Q-Tips. Remove all crusted material gently.
3. After lightly cleaning if needed as above, apply Ointment to the incision and sutures with a Q-Tip.
4. Cover your wound using a non adherent pad (Telfa) cut to the size of the wound then secure the dressing with tape.
* If the wound is small its fine to use a bandaid.
1. Continue wound care until stitches are removed or as your doctor directs.
2. Moderate swelling and bruising at the surgical site **ARE TO BE EXPECTED…** Let us know if signs of infection seem present. (See below)

**RESTRICTIONS:**

 -Keep surgical site dry for at least 48 hours.

 -Swimming, smoking or alcohol consumption are **NOT** allowed until the sutures are removed.

 -Heavy lifting, exercise, or sweating are NOT allowed until the sutures are removed.

**PRESCRIPTIONS:**

-You may be given a prescription for an oral antibiotic and a pain medication to be taken as directed. Unless the doctor states otherwise, take Tylenol for pain as needed.

**CONTACT THE OFFICE IF THE FOLLOWING OCCURS:**

1. Bleeding which saturates your dressing (SPOTTING IS EXPECTED). To stop bleeding, hold direct pressure over the dressing for 20 minutes constantly... If it does not stop, call us!
2. SIGNS OF INFECTION-redness, foul-smelling drainage, swelling, pain or area is warm when touched.
3. Pain, especially if it is worsening after a few days.
4. Excessive bruising or swelling at the site.
* Any questions about **DRESSING CHANGES**, please call the office and speak to one of the nurses.