

Post Operative Instructions

Wound Care:

- 1) Keep original surgical dressing in place for 48 hours.
- 2) Do not allow the dressing to become wet for 48 hours.
- 3) In the first 24 hours, you may apply a cold compress to the area on and off for 15 minutes to reduce potential swelling.
- 4) After 48 hours, remove the dressing and wash the area with soap and water. Gently pat dry and apply either Aquaphor healing ointment or Polysporin triple antibiotic ointment daily under a bandage. Avoid Neosporin ointment because many patients develop allergic reactions to this product.
- 5) If steri-strips have been placed on the wound, they are to stay in place until they fall off naturally. You may apply the ointment directly on top of the strips and then cover with a bandage. It is OK to get steri-strips wet *after* 48 hours.
- 6) Change the dressing daily (or more frequently if the bandage becomes wet).
- 7) Never use rubbing alcohol or hydrogen peroxide on the wound.

Pain Management:

- 1) If you should have any pain or discomfort following the surgery, take Extra Strength Tylenol 1-2 tablets every 4-6 hours as needed.
- 2) Avoid vitamin E, over-the-counter aspirin, aspirin-containing products, and anti-inflammatory medications such as ibuprofen and naproxen, because excessive bleeding from the surgical site may result.

Post Surgical Bleeding:

- 1) It is common for the incision to ooze or bleed during the first few hours after surgery.
- 2) If bleeding should occur, hold firm direct pressure over the area for 15 minutes continuously (no peeking). Repeat once if necessary. If bleeding persists, call the office immediately.
- 3) It is not unusual for a bruise to develop around the wound during the first week.

For the best wound healing results:

- 1) Refrain from smoking and consuming alcohol as they may impair optimal healing.
- 2) Avoid any strenuous activity for 2-3 weeks after surgery. This includes heavy lifting and exercise because this will place tension on the wound, which may result in a wide, thickened scar.

Your doctor will advise you on what day to return to the office for suture removal.