

## Wound Care Instructions *(Sutured & Stapled Surgical Areas)*

### For the next **24 hours**:

*\*\*It is normal to notice some bleeding into the bandage; please do not panic! Remove the bandage and hold firm continuous pressure with either clean gauze or a towel for 30 minutes without peeking. After 30 minutes if you are still having bleeding, please call the office (during normal business hours) or the on-call physician below (after business hours).*

*\*\*Infection may develop in any surgical site or wound. Signs of infection can include pain, drainage, warmth, redness, and swelling, with or without a fever. Please notify the office with any of these concerns.*

**Ice** over the bandage (in a plastic bag or paper towel). Bags of frozen vegetables like peas or carrots also work very well. Continue to do this while you are awake at least 10 minutes every hour but longer if it is tolerable. You may continue to ice if it helps with discomfort after the first day, but this is not necessary.

We recommend taking over-the-counter pain medicines like **Tylenol** or **Ibuprofen** to decrease pain and swelling.

- **Tylenol** (acetaminophen) 1000mg every 8 hours (do not exceed 3000 mg in 24hrs)
- **Motrin** (Ibuprofen) 600 mg every 6 hours.
- *You will achieve better pain control if you combine these medications throughout the day.*

**Lower activity level:** no heavy lifting (>15 lbs.) and limit bending over while sutures/staples are in place as this may lead to bleeding or opening of the surgical site.

**DO NOT EXERCISE** for \_\_\_\_\_ week(s) following surgery.

- Avoid all **Alcohol** as this can increase your risk of bleeding for 48 hours after surgery.
- Avoid or limit **Tobacco** products as much as possible for ideal healing.

### How to care for the surgical site until the follow-up visit:

Your bandage should stay on for: \_\_\_\_\_ **24hours** \_\_\_\_\_ **48 hours**

To remove your bandage, wet the area with a washcloth or directly in the shower to loosen the bandage. Once it is removed, gently cleanse the area with soap and water. Do not rub or exfoliate the surgical site for 2 weeks. Gently dry the area and then apply a thick layer of Aquaphor/ Petrolatum or other recommended emollient to the site. **Keep it greasy 3-4 x per day for best wound healing!** Place a clean gauze overtop the ointment and then tape this into place. Repeat this process daily until your sutures/staples are removed unless otherwise directed.