

POST OPERATIVE WOUND CARE INSTRUCTIONS

If No Glue or Steri-Strips were applied

1. Keep the pressure dressing dry for 24 hours. Okay to shower after 24 hours and remove the pressure bandage.
2. If you see a waterproof dressing under the pressure bandage, keep in place for another 24 hours and remove after the next shower. Otherwise, proceed to 3.
3. Gently wash the area with soap & water or sterile saline to remove any crusting along the suture line.
 - a. Pat dry with a clean towel and apply Aquaphor or Antibiotic ointment.
 - b. Cover with a clean, non-stick bandage.
 - c. Repeat daily until your suture removal appointment.

If Glue or Steri-Strips were applied

1. Keep the pressure dressing dry for 24 hours. Okay to shower after 24 hours and remove the pressure bandage.
2. If you see a waterproof dressing under the pressure bandage, keep in place for another 24 hours and remove after the next shower. Otherwise, proceed to 3.
3. Glue or Steri-strips will be in place. Do not remove. Avoid direct spray of the shower stream on the wound.
 - a. After showering, dry them well with a clean towel or hair dryer.
4. No further wound care is necessary. If the strips or glue fall off, follow the "If No Steri-Strips or Glue was Applied" instructions.

If instructed to apply a Waterproof Wound Dressing Daily

1. Keep the pressure dressing dry for 24 hours. Okay to shower after 24 hours and remove the pressure bandage.
2. Keep the waterproof bandage on for another 24 hours (48 hours total).
3. After showering, remove the waterproof dressing.
 - a. Replace the waterproof dressing with a new non-stick pad and waterproof bandage. You do not need to clean the wound.
4. Change the dressing after each shower.
 - a. You may purchase the Waterproof Wound Care pack from our office for \$25.

If instructed to wear Compression Hose: Put on top of bandage in the morning and remove at bedtime.

There are several concerns following surgery:

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

1. **No** exercise for 48 hours.
2. Take only Tylenol or Extra- Strength Tylenol, avoiding aspirin or ibuprofen-based products for 48 hours.
3. Avoid alcoholic beverages for 24 hours.
4. Should bleeding occur: apply firm, constant pressure on the area for 20 minutes. If bleeding persists, call our office immediately.

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

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

1. If steri-strips were applied, dry them well after shower.
2. Avoid any exercise, activity, or movement that causes pulling or stretching of the site for 2-3 weeks after the surgery. (e.g. golfing, tennis, weight-lifting, running, yoga, etc.).
3. Avoid water sports of any kind. Showering is okay.
4. Avoid lifting over 10 pounds.

If you experience problems, please give our office a call at **(949) 364-8411**. If it is after hours or during the weekend, please call the office and select option 5 to be connected to our on-call physician.

