
Surgery Post-Operative Instructions

Please read all information carefully. Feel free to ask questions.

1. **KEEP DRY:** Your pressure dressing may be removed after **2 days**. Upon removing the pressure dressing, try to remain in a seated position. Your operative site should remain **DRY** until your post-operative visit.
2. **CLEAN WOUND:** After removal of the initial pressure dressing, gently clean the surgical wound with **Hydrogen Peroxide two times each day**. Use a cotton ball or Q-tip to apply the hydrogen peroxide over the incision line.
3. **KEEP MOIST:** Apply Polysporin®/Aquaphor® Ointment/White Petrolatum (Vaseline) directly on the surgical wound with a clean Q-tip **two times each day**. **DO NOT USE** Neosporin® or Triple-Antibiotic Ointment. (You may be given a prescription antibiotic ointment to use as directed.)
4. **DRESSING:** Cover the surgical wound with **Telfa pads** or other **non-stick bandage** material and secure with medical **paper tape two times each day**. Continue wound care twice a day until you return for your post-operative visit. **DO NOT GET SURGICAL WOUND WET UNTIL OTHERWISE DIRECTED.**
5. **ORAL ANTIBIOTIC:** Continue your antibiotic prescription until all the pills are finished.
6. **PAIN MANAGEMENT:** **Tylenol® or Extra Strength Tylenol®** may be taken as indicated by the products dosage instructions. **AVOID** blood thinners, such as Aspirin, Motrin, Aleve and Advil, unless otherwise recommended by your primary doctor or cardiologist. **COLD PACKS** and **ELEVATION** may also help reduce swelling and pain, and is strongly recommended.
7. **OBSERVATION:** Please notify our office of any signs of infection, which includes increasing redness beyond wound margins, foul discharge, or fever and chills. Also notify our office of excessive bleeding of the surgical site after continuous pressure of 10 -15 minutes. Alcoholic beverages are discouraged until antibiotics are finished. Smoking may impede the healing process. Exposure to sunlight and allowing the surgical wound to become uncovered and dry may also compromise the healing process.
8. ****SPECIAL INSTRUCTIONS FOR SKIN GRAFT:** **DO NOT** remove the “Bolster” that is sewn in place. Keep the edges of the bolster sealed with Polysporin®/Aquaphor® Ointment/White Petrolatum (Vaseline) and change the outer dressing **two times each day**. **DO NOT USE HYDROGEN PEROXIDE** and/or water on the bolster site.

Please note that any post-operative scarring, discoloration and textural changes should improve over the next several months.