

Surgical Wound Care Instructions

You have had surgery, and it is necessary for you to care for this site until you return to the office for your suture removal. The bandage that has been put on by the nurse is a pressure bandage and should **remain in place** until tomorrow. There may be some post-op oozing, and this may stain the bandage. This is normal. If, however, you have excessive bleeding, i.e. bright red soaking through the bandage, follow these steps:

Excessive Bleeding: Apply **constant and direct pressure** to the site for at least **15-20 minutes without releasing pressure** to look at the site. Use a clean washcloth or small towel. You may wrap the towel around ice to also help with the bleeding. If the bleeding continues and soaks through the towel or washcloth after applying pressure for 2 hours, call the office at **352-332-4442**.

Swelling/Bruising: If you have had surgery on your face or hands, it is a good idea to apply an **ice pack** for 15 minutes every hour for the first 12 hours. Also, elevate the area. If it was the scalp or face do not lay flat or bend over for 24-48 hours. This will help reduce the swelling and bruising. It is very common for patients to have bruising and swelling around the eyes for surgery performed on the front of the scalp, forehead, temple or around the eyes. If you had surgery on your leg, it is a good idea to minimize walking and to elevate the leg for the first 48 hours.

After 24 hours, please follow these instructions: Remove the bandage. The pressure dressing will need to be soaked first or use the adhesive removal pads if given. You may take a shower or bath. Then clean the site with soap and water using a clean washcloth. Be **gentle**, but try to remove any crusts or scabs that may develop along the suture line by soaking with a warm cloth (10-15 minutes) before washing the area.

2. Apply a light coating of ointment along the suture line. Keep the area **clean**.
3. Do **not** let the site dry out or form a scab. Scabs impede healing, and scars do not heal as well. For those difficult areas to bandage (i.e. scalp, behind ears, lips, etc.) keep a good amount of ointment on the site at all times if you cannot get a bandage to stay.
4. **Take the antibiotics** we may have prescribed for you. Antibiotics are to be taken as directed until all the medication is gone.
5. If you have any pain, take Extra-Strength Tylenol. If this does not take care of the pain, you may take the prescription pain medicine prescribed for you. **Do not take aspirin or ibuprofen**. If you stopped aspirin for the surgery, you may resume the aspirin 4 days post-op.
6. If you develop a fever, significant redness, pain, swelling, or have a discharge from the site, call the office at **352-332-4442**.

***** NOTE:** ***Cu3 Copper Peptide Complex** is available for purchase for patients interested in maximizing the cosmetic outcome of his/her surgical scar. Please ask the nurse or check-out staff for this product if you are interested.*