

FOR TODAY AND TONIGHT (Immediately after your surgery):

1. **Ice, Ice, Ice.** Place an ice pack over and around your wound site: Twenty minutes on, twenty minutes off, while awake – unless instructed otherwise.
2. Do your best to relax and keep the wound site elevated.
3. If you had surgery on your head or neck, use an extra pillow when you sleep to keep the area elevated.
4. Do not remove the pressure bandage for 2 days.
5. If you notice any minor oozing or bleeding, hold constant firm pressure over the bleeding area for thirty minutes. Repeat if necessary.
6. For pain relief, use the ice packs and Extra Strength Tylenol (acetaminophen), unless contraindicated. If acetaminophen does not provide adequate pain relief, you may alternate the dosing with Ibuprofen (Advil or Motrin) every 4-6 hours as directed. Avoid extra aspirin; however, you should continue to take ALL medications that you are normally prescribed.
7. If you were prescribed antibiotics, you may wish to supplement with over-the-counter Probiotics to help prevent GI side effects. These are typically shelved in the Antacid section of your pharmacy. If prescribed antibiotics:

_____ times a day for _____ days.

FOR THE DAY AFTER SURGERY:

1. Continue to take it easy and if applicable, avoid shaving near the wound site until your stitches are removed.
2. Avoid heavy lifting, bending and moderate exercise, as these may raise your blood pressure and increase your risk of bleeding. Try to leave the original bandage on for approximately 2 days.

TWO DAYS AFTER SURGERY THROUGH FIRST WEEK:

1. Take a shower and allow the water and steam to loosen up your initial bandage, which will make it easier to finally remove.
2. Wash your hands thoroughly, prior to any bandage change.
3. If your initial dressing had steri-strips (white tape strips placed directly on wound), please do not actively remove them. Please let them fall off on their own. Your ointment will appropriately ooze through any remaining steri-strips.
4. Any dried blood and scabbing may be gently removed with **Diluted Hydrogen Peroxide** (1 to 1 ratio with water) applied by rolling (avoid rubbing) a **Q-Tip** that has been soaked in Diluted Hydrogen Peroxide. Only use the diluted hydrogen peroxide with the first two dressing changes, as too much use will slow healing, especially for wounds on the scalp, nose and forehead.
5. Cut a section of the **Non-Adherent Pad** (aka Telfa Pad) to make a custom bandage that will cover your wound and any remaining steri-strips.
6. Apply a lot of the recommended **Topical Ointment** (Bacitracin, Mupirocin, Erythromycin, Aquaphor, _____) to the custom cut Non-Adherent Pad, like toothpaste on a toothbrush, and affix with the **Paper Tape**.
7. **Alcohol pads** are in your wound-care-kit to only clean your scissors and to degrease your skin to help the tape stick.
8. To optimize the ultimate cosmetic result, keep the area real moist with the recommended ointment.
9. Repeat the basic wound care (#2 - #8) twice a day for the first week.

SECOND WEEK AFTER SURGERY:

1. Continue bandage changes twice a day but switch to Aquaphor Ointment.

THIRD WEEK AFTER SURGERY

1. Keep your site moisturized by applying a thin film of Aquaphor to the site, but at this point you may go without a bandage.

Your wound site will go through many changes as it heals. It often takes more than three months to ultimately judge the final cosmetic result.

If you develop fever, chills, streaking redness, foul smelling wound drainage, continuous bleeding or persistent pain please call our office.

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