

POST-OPERATIVE WOUND CARE



The importance of postoperative care to your surgical site is crucial to the success of the procedure, your recovery and well-being. The most common occurrences following surgery are as follows:

BLEEDING:

1. Limit activities for at least 48 hours
2. Keep the operative site elevated
3. If surgery was on the face, head or neck, avoid stooping/bending, straining to have a bowel movement and sleep with your head and shoulders elevated on extra pillows.
4. Should bleeding occur, apply firm, constant pressure on the bandage for 20 minutes!! This will usually stop minor bleeding

SWELLING:

Swelling occurs because surgery has caused a wound and your body reacts to that injury. To reduce the amount of swelling that may occur apply an ice bag to the site for 10 minutes each hour during the waking hours. If you do not have an ice bag, a “baggy” filled with cracked ice wrapped with a thin towel will suffice. Keep your bandage dry.

PAIN:

In nearly all cases, Extra Strength Tylenol will relieve any pain you may experience. If you experience severe pain not relieved by Tylenol, please contact the clinic.

INFECTION:

Infection seldom occurs when the wound care instructions have been carefully followed. *Signs of infection include: Increased temperature, increased pain, swelling, redness or yellowish drainage several days after surgery.* If you have any of these signs, please notify your physician as soon as possible. There will be a scar and redness in the surgical site, which will decrease as healing progresses. Redness can last up to six months.

SCARRING:

The final scar appearance depends on the individual’s ability to heal. Because of the unpredictability in wound healing, there are no guarantees as to the final appearance of the scar. For scar treatment, Scar Guard is available at checkout. Recommended use is once daily status post one month surgery, for 2-3 months.

BRUISING:

Bruising may occur due to the injection of anesthesia or the pressure applied during surgical repair.

SKIN GRAFT:

If you received a skin graft, **DO NOT REMOVE THE PLASTIC COVER.** Carefully cleanse around the area and apply Vaseline or Polysporin. Keep area covered with a bandage.

WOUND CARE INSTRUCTIONS (Perform twice daily)

- Wash your hands with soap and water
- Wash wound with soap and water and pat dry with clean, soft cloth
- Thoroughly dry the area and apply a small amount of Vaseline, Polysporin, Bacitracin, or Triple Antibiotic Ointment
- Cover with a bandage