

POST OP CARE

ITEMS NEEDED FOR WOUND CARE

- Healing Ointment (Vaseline or Aquaphor). A new jar/tube is preferable because the ointment will be applied directly to your healing wound. Generic is fine.
- Non-Stick Dressing Pads – If your wound is small, a large band-aid can be used as long as the entire wound is covered with the white non-stick pad and the adhesive is not sticking to your surgery site or sutures.
- Sterile Gauze Pads
- Roll of Medical Tape, Paper Tape or Silk Tape
- Cotton Balls or Q-tips
- Optional: Hydrogen Peroxide



GENERAL INSTRUCTIONS

- Go home and take it easy for at least 24 hours.
- You may bathe or shower at any time after surgery, as long as the bandage is kept dry for the first 48 hours. Avoid direct water pressure on the bandage or surgical site at all times.
- Sleep with head or surgery site elevated using several pillows when possible.
- Smokers – We **STRONGLY RECOMMEND** that you quit smoking for two weeks after your surgery because you will heal better.

DAILY CARE OF WOUND

The bandage placed at the time of surgery acts as a pressure dressing to prevent bleeding. It should be kept dry and intact for 48 hours. If it becomes wet or soiled before this, you may change the bandage earlier. If you experience swelling or bruising, apply an ice pack or a bag of frozen vegetables to the area around your surgery site. Please keep the bandage dry.

After 48 hours, you will remove the bandage.

1. Wash your hands with soap and water.
2. Remove the bandage and gently clean the wound with cotton balls or Q-tips moistened with soap and water.
3. Blot the wound dry with clean gauze or cotton balls. If you experience a great deal of crusting, use hydrogen peroxide to clean. It will bubble up and loosen the crusted tissue. Switch back to soap and water after 1 to 2 days.
4. Once clean, apply a generous amount of healing ointment (Vaseline or Aquaphor) to the wound with clean Q-tip.
5. Cover the wound with a non-stick dressing pad or bandage cut to size. Add gauze if there is draining or oozing. Secure the dressing with tape. Do not let the wound dry out and "scab over." It heals faster and better when it stays moist with ointment and a dressing.

Continue wound care only once daily (or as instructed) until the wound is completely healed or until suture removal.

POST OP CARE

WHAT TO EXPECT AFTER SURGERY

Bleeding - Bleeding at the surgical site is common after surgery. However, if the bleeding soaks through your dressing and blood is dripping you need to apply pressure to stop the blood flow. Here's how:

- Remove the bandage
- Sit up or lie down
- Apply firm continuous pressure with gauze pads for a full 20 minutes
- If there is still oozing, repeat for another 20 minutes.

If the bleeding does not stop after 40 minutes of continuous bleeding, please notify our office.

Swelling, bruising and numbness - To help reduce these symptoms, keep the area elevated and apply an ice pack or frozen peas. Numbness is usually temporary, but, in some cases, can persist for up to one year or more.

Pain - The worst pain is generally encountered about four hours after the surgery. The most important thing for pain control is to use an ice pack or frozen peas for ten minutes every hour. If the pain is not manageable, take one Tylenol. After two hours if you're still having pain, take one Advil. You must make sure that your regular medications do not interact with either Tylenol or Advil.

Discharge - Drainage and discharge is expected during the healing process. It can be bloody, yellowish or watery. Infection seldom occurs when the wound care instructions have been carefully followed. Signs of infection include increased pain, swelling, redness, warmth and excessive or foul-smelling drainage starting several days after surgery. Please contact our office if you experience signs of infection.

SITE-SPECIFIC INSTRUCTIONS

Lip Surgery

- Follow a soft food diet or cut your food into small pieces
- Avoid large bites of food which can stretch or pull at the sutured area (like taking a bit out of an apple or a sandwich)
- Avoid excessive talking, smiling and laughing which can pull at the sutures and worsen scarring
- Use a small children's toothbrush to brush teeth
- Keep lips well lubricated with Vaseline or Aquaphor

Forehead, Cheek or Eyelid Surgery

- Be aware that significant eyelid swelling, bruising or a black eye can result and is expected in these areas. Use ice.

Ear Surgery

- Wash gently with soap and water
- Apply a wet compress of a vinegar solution to reduce the chance of infection
- Soak a gauze pad in a mixture of equal parts white vinegar and tap water then apply to the wound for 10 minutes
- Blot dry and apply ointment and a dressing

Nose Surgery

- Avoid forceful nose-blowing. Use Q-tips if necessary.
- If you have to sneeze, apply firm pressure to your bandage to support the sutured area.

Extremity Surgery

- Elevate the area as much as possible above your waist when you're resting.