

POSTSURGICAL INSTRUCTIONS

Activity Level:

- Quiet activity for 48 hours to prevent bleeding and swelling. Avoid excess movement of the surgical site. No heavy lifting (5 lbs or less) and no heavy exercise until sutures removed.
- For head wounds: Keep head elevated with 2-3 pillows. Try not to bend over for 2 days.
- For wounds on arms, hands, legs, or feet: Elevate above the heart as much as possible, at least 30 minutes 3 times daily.

Pain Control:

- Tylenol (acetaminophen) on the day of surgery and as needed afterward. 325 mg (take 2) every 4-6 hours or 500 mg (take 1 or 2) every 4-6 hours.
- No alcoholic beverages, aspirin products, nonsteroidal anti-inflammatory medications (Advil, Ibuprofen, Aleve, Motrin), herbal supplements, and vitamin E for 3 days.
- Continue Coumadin, aspirin, Plavix, or other blood thinners as directed by your primary care physician.

Wound care: Start in _____ day(s) and continue until follow up appointment in _____ days.

- Wash hands and remove dressing. Wet tape with alcohol/shower water for easier removal.
- After 24-48 hours, wound is cleansed with mild soap and water.
- Only use hydrogen peroxide if crust is still present after cleansing with soap and water. Gently use a Q-tip dipped in peroxide to cleanse the incision, then dry with another Q-tip.
- Apply Vaseline/polysporin/Aquaphor over the stitches.
- Cover with a non-adherent dressing (telfa) and paper tape/kling gauze/bandaid.
- If the site has steri-strips, leave in place and do wound care over them until they fall off.

Smoking will increase the risk of infection and/or a poor cosmetic outcome.

What to expect: Mild bruising, swelling, and redness.

- After 48 hours, wound should improve daily.

Personal hygiene: Do not get wet for _____ day(s).

- Showering is recommended.
- Do not submerge wound in water. No tub baths or swimming until follow-up.
- No shaving around wound site. Keep dressing in place while shaving to protect site.

Call immediately at (904) 279-8202 if:

Pain is not controlled by medication recommended.

Bleeding from incision. Control by elevating area and applying pressure with clean gauze or directly to bandage for 20 minutes. If bleeding persists, reapply pressure for another 20 minutes. If bleeding does not stop, call the number above.

Signs of **infection** (excessive redness, warmth, drainage, pain, swelling, fever).

Signs of **allergic reaction** (itching and redness).

Rapid swelling after site is bumped or sudden movement.