



## POST-SURGERY INSTRUCTIONS

1. Keep the dressing in place for 24 hours.
2. Apply firm pressure to the surgical site for 15 minutes every hour for 4 hours.
3. While awake, apply ice to the surgical site for 15 minutes every hour for 24 hours.
4. Starting 24 hours after the surgery, change the dressing twice a day. Wash hands well with soap and water before beginning. Then, gently clean the wound with tap water. Dry with fresh Q-tips or gauze. Apply Aquaphor healing ointment/ Vaseline/ mupirocin (Bactroban) ointment to the wound with Q-tips. Cover with a clean Band-Aid or nonstick Telfa gauze and paper tape.
5. Keep the dressing dry and protected. If the dressing gets wet, change it. You may shower 1 day after the surgery. Change the dressing afterwards. Do not swim or take a bath while the stitches are in place.
6. Do not perform physical activity (sports, yard work, bending, straining, stooping, lifting > 5 pounds) for \_\_\_\_\_ days. Elevate the surgical area on pillows as much as possible.
7. Do not take aspirin, ibuprofen or products containing ibuprofen (i.e. Motrin, Advil), vitamin E, ginkgo, garlic pills, ginseng, fish oil, or drink alcohol for 3 days after surgery unless prescribed by a physician. For pain, take acetaminophen (Tylenol), following the instructions on the bottle.
8. Smokers have a significantly higher risk of bleeding and healing problems. Do not smoke for several weeks after surgery. This does not eliminate the risk but may help.
9. If you have any bleeding through the bandage, apply firm pressure for 20 minutes without peeking. If you are still bleeding, repeat. If you are still bleeding, call the office.
10. If you have an increase in redness, swelling, or pain, call the office. If you develop pus or a fever, call the office.
11. If the wound opens up or stitches fall out, call the office.
12. If you have any questions or concerns, call the office.