



Patient Instructions for Surgery

Post Op

Supplies

You will need the following:

- Tap water
- Telfa Dressing and Surgical Tape or Band-aids®
- Q-Tips® (Cotton Buds)
- Vaseline®

Wound Care

- Clean wound two times daily beginning 48 hours after surgery.
- Clean wound with Q-Tips soaked in tap water. Do not reuse Q-Tips. Remove all crusted material and any white/yellow material that can come off easily.
- After cleaning, generously apply Vaseline with a clean Q-Tip.
- Cover your wound with Telfa Dressing cut to the size of the wound and then tape or Band-aids
- Continue wound care until stitches are removed or as your doctor directs. If the surgical site is swelling, you may elevate the site and apply an ice pack as long as the bandage stays dry.

Personal Hygiene

- Wash your hair the night before or the morning of your surgery. Shower and wash your face the morning of surgery
- In the first 48 hours, showers or baths are allowed if the bandage remains dry. After 48 hours, the sutures may then get wet but do not immerse in bath water. Swimming is not allowed until the sutures are removed. Heavy lifting and exercise are not allowed until the sutures are removed.

Prescriptions

- Unless the doctor states otherwise, take Extra Strength Tylenol® for pain as needed. Alcohol should be avoided for two days.

Contact Doctor @ [02 26201600](tel:0226201600) if the following occurs:

- Bleeding which saturates your dressing (spotting of dressing is expected). To stop bleeding, hold direct pressure over the dressing for 20 minutes and do not remove the dressing.
- Fever greater than 100° F or 38° C.
- Signs of infection, i.e., redness, swelling, foul-smelling drainage, pain or heat.
- Severe nausea and vomiting.

