



## Post-Operative Care (Wound Care)

### DAY 1:

1. **NO ASPIRIN OR NSAIDS:** Unless otherwise instructed by your physician, use only Tylenol. Aspirin and products containing aspirin such as Advil, Aleve, Motrin (ibuprofen), and Naprosyn promote bleeding so you should refrain from using them.
2. **APPLY ICE:** Applying ice will help alleviate pain/tenderness, bruising, and swelling. Apply ice to wound site in a waterproof bag, such as a Ziploc bag, and wrap a thin washcloth or towel around the bag. Apply ice to site for 20 minutes every 3 hours.
3. **NO SMOKING:** Do not use any form of tobacco. This interferes with proper healing of wound.
4. **NO DRINKING:** Do not consume alcoholic beverages; they may increase the risk of bleeding.
5. **NO STRENUOUS ACTIVITIES:** Relax and take it easy tonight. Elevating your blood pressure may increase the risk of bleeding.
6. **ELEVATE THE AREA:** Elevate the wound site to above heart level. This can be accomplished by putting an extra pillow under the affected area, in most cases. Try to sleep on the unaffected side. This will help minimize bleeding, bruising, and discomfort.
7. **IF THE BANDAGE BECOMES DARK OR RED:** Fold a clean washcloth and apply direct, firm pressure on top of bandage. Do this continuously for 15 minutes. Repeat once if necessary. If the bleeding does not stop after this, please proceed to an Emergency Room.

### REMOVE YOUR BANDAGE ON DAY # \_\_\_\_\_

1. Clean wound/suture site gently with soap and water. Rinse. Gently blot the site dry with a clean soft cloth.
2. Using a Q-tip, apply Vaseline or Aquaphor to sutures/wound. It is important to keep site moist with ointment to aid in the healing process. Continue applying ointment to the area even on the day of your suture removal.
3. Apply a clean bandage.
4. Repeat process daily.
5. If shaving, be careful not to shave over sutures. Also, please avoid "trimming" the suture tails. If they are bothersome, please call our office.

RETURN TO CLINIC IN ON \_\_\_\_\_ for suture removal/wound check

### What to watch for:

Signs of infection include increased pain, swelling, and redness around the site. Red to yellow discharge from the site could also indicate infection. Please call our office with these or any other concerns you may have at (970) 305-4341.