

Wound Care Instructions

210-558-6234

Medical Assistant: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Thank you for allowing us to care for you today. This is a copy of the care instructions that were explained to you during your visit with us today. If you have any questions or concerns, please contact our office so we can help!

**For the first 48 hours:**

1. Leave the pressure bandage in place and keep the area dry.
2. Do not drink alcoholic beverages.
3. Do not take aspirin or ibuprofen.
4. If you were given Valium at your appointment, do not drive for 24 hours.
5. Keep the repair elevated. If the repair was done on your face, sleep with your head elevated. If the repair was on your arm or hand, prop the area up under a pillow when sleeping, and use a sling when walking.
6. If you have pain, try taking over the counter Tylenol. If you need something stronger, and decide to take prescription medication, remember to eat a full meal first to prevent nausea.

**After 48 hours:**

1. Remove the pressure bandage on \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
2. Wash the area daily with warm soapy water.
3. Pat dry.
4. Apply antibiotic ointment like polysporin ointment or Aquaphor ointment or petroleum jelly. Avoid using Neosporin as this can cause a rash around the wound.

**General Wound Guidelines:**

1. No heavy lifting until after sutures are removed.
2. Do not soak in a bathtub or swim for 6 weeks AFTER suture removal.
3. Elevate the wound above the level of the heart when sleeping to help with swelling.
4. If a wrap was placed over the pressure bandage, remove it when you go to bed.

Wound Care Instructions, Continued

**Signs of Complications:**

Severe itching with redness, hot to the touch, or delayed increased pain may be signs of infection. Please contact the office.

**Bleeding:**

A slight amount of oozing is normal at the wound site. However, if excessive bleeding occurs and your bandage is saturated, you will need to stop the bleeding. Most episodes of bleeding can be stopped by using clean gauze or a cloth and applying firm pressure directly on the bandage. Do not remove the bandage, simply apply pressure over it. Hold this pressure for a minimum of 20 minutes. Do NOT release pressure to look at the wound until after 20 minutes. If the bleeding does not stop, contact our office, even if it is after hours.

**Swelling:**

It is normal to have swelling after surgery. If the surgery was performed near your eye, it is normal for the eye to have bruising and even swell shut the few days after surgery. Elevating your head while you sleep can help decrease swelling on the face. Remember to remove any wraps from arms or legs before going to bed to prevent swelling of the hands and feet if the surgery was in those areas.

**Questions:**

Please contact our office with any questions regarding your surgery site. If it is after hours, the answering service will contact a provider for you. If it is during business hours, please let the operator know if you need immediate attention or if it can wait until the end of clinic. Someone will contact you before the end of the day.