

## Post-Operative Instructions

### 1. Wound Care - Two Times Each Day

- Leave the bandage on for 24 hours and do not get it wet. After 24 hours remove the bandage and start wound care.
- Wash wound twice daily with mild soap and water.
- Dry wound thoroughly and gently with clean soft cloth or cotton gauze by blotting.
- Apply thin layer of Vaseline to the wound (you can also use Polysporin or Bacitracin) **DO NOT USE NEOSPORIN.**
- Cover with clean dry dressing. You can use band-aids or gauze and dressing tape, available at any drug store. Continue this twice a day until the stitches are removed. If you did not get stitches, continue for 5-7 days.

### 2. Bleeding: Bleeding can occur following surgery. To reduce the possibility of bleeding be sure to limit activities and we advise no heavy lifting for at least 2 weeks. No tennis, golf, or heavy exercise.

**Should bleeding occur, apply firm constant pressure on the bandage for 15 minutes, without "peeking." If that does not stop the bleeding, try one more 15 minute session. This will usually stop minor bleeding. If you can't stop the bleeding with this technique, call our emergency after-hours number at 843-694-1050 or go to the Emergency Room.**

### 3. Swelling: Swelling occurs because surgery has caused a wound and your body reacts to that injury. To reduce the amount of swelling that may occur, apply an ice pack for 20 minutes each hour for the first day, while you are awake. Apply the ice over the bandage. If you do not have an ice bag, a "baggy" filled with cracked ice and wrapped with a thin towel will do nicely.

### 4. Pain: Pain, postoperatively, is generally slight. In nearly all cases, *Extra Strength Tylenol (Acetaminophen)* will relieve any pain you may experience. If you have severe pain that does not get better with *Tylenol (Acetaminophen)*, this may be a sign of infection. In this case, call our office at 470-282-5729 to discuss if you need to come in to be evaluated.

### 5. Infection: It is normal to have a red area immediately surrounding the wound. It is also normal for the wound to leak clear to yellow bloody fluid for up to one week. **Signs of a true infection are: Increased pain, swelling, streaks of red radiating from the wound, or yellowish drainage several days after surgery. If you experience any of the above, please call our office at 470-282-5729.**

### 6. Scarring: There will be a scar and redness in the scar after surgery. This will decrease as healing progresses; redness should be expected for as long as six months. Everyone heals differently and the final scar appearance will depend on the individual's ability to heal. In other words, some scars heal and can hardly be seen while others become thick and/or tender.

**IF A SURGICAL SAMPLE IS SENT TO A PATHOLOGIST/PATHOLOGY LAB, YOU WILL RECEIVE A SEPARATE BILL FOR THIS PROCESS.**

**SUTURE REMOVAL IN: 5-7 days    7-10 days    10-14 days    2 weeks    3 weeks    Other\_\_\_\_\_    None**