

Wound Care Instructions for Self-Healing Wounds

Practice good hand hygiene

Always wash your hands thoroughly with an antibacterial soap before changing the dressing or touching your wound to apply medication.

You can expect some bruising and swelling. Applying ice packs for 5-10 minutes out of each hour directly over the bandage while you are awake will reduce swelling and discomfort.

Please keep the surgical site elevated as much as possible. Relaxing in a recliner or sleeping on a couple extra pillows may be helpful. This will help keep the swelling down.

You can expect some discomfort after the anesthesia wears off. Two extra strength Tylenol taken every 4 hours will reduce the pain. IF Tylenol doesn't reduce the pain to a tolerable level, please call us.

Leave the pressure dressing on for 2 days after the surgery. **DO NOT GET THE BANDAGE WET FOR 2 DAYS!**

After 2 days you may remove the pressure dressing and get the surgical site wet. Gently clean the area with mild soap and water daily. **DO NOT USE A WASHCLOTH.**

After showering, pat the wound dry, apply a layer of VASELINE or POLYSPORIN or AQUAPHOR and keep the wound covered with a band aid. It is very important to keep the wound moist with ointment! Please keep the wound covered with a band aid day and night until you return to our office.

DO NOT do any bending over, stooping or lifting for the first 2 days after the surgery. Bending over and lifting heavy items increases the blood pressure and may increase swelling or induce bleeding.

IF the pressure dressing becomes saturated with blood, call our office immediately. This means if you can see blood coming through the pressure dressing.

DO NOT drink alcohol or smoke for several days after the surgery. Alcohol is a blood thinner and could potentially make the area bleed.

Please call our office if the wound appears worse instead of better including increased redness, inflammation or drainage that becomes pus-like.

Be sure to call the office if you think that the surgical site is not healing properly, or if you experience signs and symptoms of an infection such as redness, swelling, drainage or oozing of the site or if the site feels warm to the touch.