

POST- OP AQUAPHOR/ VASELINE INSTRUCTIONS

Over the next 24 hours you may see bloody drainage on your bandage; this is normal and is expected.

***IN CASE OF EXCESSIVE BLEEDING: ***

PLEASE DO NOT PANIC- We ask that you remove the bandage and place clean gauze pads over wound and hold firm pressure for 20 minutes, no peeking. When bleeding has stopped you can apply a new bandage with gauze over the surgical site. If bleeding DOES NOT STOP, please contact us for further instructions.

ON THE DAY OF SURGERY:

1. Do not shower or get the surgical site wet for 48 hours after surgery. We need the area to stay dry during this time frame.
2. Apply an ice pack to the area over the bandage for about 10-15 minutes every hour for the rest of the day.
 - a. You may continue these instructions on day two if there is excessive swelling.
 - b. Swelling typically resolves within 1-3 days after surgery.
3. If needed, you may take **TYLENOL ONLY** for any pain or discomfort (follow instructions on the bottle.)
 - a. Avoid **ASPIRIN** or aspirin products for the first 24-48 hours unless medically necessary and prescribed by your doctor.
4. Avoid alcohol consumption for 72 hours after surgery as this may increase the risk of postoperative bleeding.
5. Avoid any exercise or strenuous activities after surgery while sutures are in place as this may increase the risk of bleeding or wound dehiscence.

AFTER 48 HOURS:

You may remove the applied bandage after 48 hours. Do not worry if the wound is red, bruised or swollen, this is normal and will resolve over time. You may shower as usual; soap and water will not harm the wound. Wash gently over the area with gentle soapy water, rinse and lightly pat dry. **DO NOT** use alcohol or peroxide. **AVOID** using anything abrasive to clean the area. Do not take a bath or submerge the wound in water.

You will need to apply **AQUAPHOR OR VASELINE** ointment to the surgical site at least 1-2 times a day to keep the wound moisturized so it does not become dry or crusted. Please keep the surgical site covered daily. We ask that you cover the wound at night to keep the ointment in place while you sleep. You will follow these instructions daily until your follow up appointment.

PLEASE NOTE: There is always a chance of infection no matter how careful you are. Signs of infection to look out for are increased redness, tenderness, pain, puss or drainage, hot to the touch and/or temperature greater than 100.5. If this occurs, please call for further instructions # (508)-998-1994 Ext. 119, 126 or 128

***If a problem occurs after hours, please call the office at: 1(508)998-1994.
It will direct you to the answering service who can reach the Physician for you.**

Antibiotics Sent to Pharmacy:_____.

POST- OP MUPIROCIN/ GENTAMYCIN INSTRUCTIONS

Over the next 24 hours you may see bloody drainage on your bandage; this is normal and is expected.

***IN CASE OF EXCESSIVE BLEEDING: ***

PLEASE DO NOT PANIC- We ask that you remove the bandage and place clean gauze pads over wound and hold firm pressure for 20 minutes, no peeking. When bleeding has stopped you can apply a new bandage with gauze over the surgical site. If bleeding DOES NOT STOP, please contact us for further instructions.

ON THE DAY OF SURGERY:

1. Do not shower or get the surgical site wet for 48 hours after surgery. We need the area to stay dry during this time frame.
2. Apply an ice pack to the area over the bandage for about 10-15 minutes every hour for the rest of the day.
 - a. You may continue these instructions on day two if there is excessive swelling.
 - b. Swelling typically resolves within 1-3 days after surgery.
3. If needed, you may take **TYLENOL ONLY** for any pain or discomfort (follow instructions on the bottle.)
 - a. Avoid **ASPIRIN** or aspirin products for the first 24-48 hours unless medically necessary and prescribed by your doctor.
4. Avoid alcohol consumption for 72 hours after surgery as this may increase the risk of postoperative bleeding.
5. Avoid any exercise or strenuous activities after surgery while sutures are in place as this may increase the risk of bleeding or wound dehiscence.

AFTER 48 HOURS:

You may remove the applied bandage after 48 hours. Do not worry if the wound is red, bruised or swollen, this is normal and will resolve over time. You may shower as usual; soap and water will not harm the wound. Wash gently over the area with soapy water, rinse and lightly pat dry. **DO NOT** use alcohol or peroxide. **AVOID** using anything abrasive to clean the area. Do not take a bath or submerge the wound in water.

Begin to apply Mupirocin or Gentamycin ointment to the surgical site 2-3 times a day to keep the wound moisturized so it does not become dry or crusted and to prevent infection. Please keep the surgical site covered daily. We ask that you cover the wound at night to keep the ointment in place while you sleep. You will follow these instructions daily until your follow up appointment.

PLEASE NOTE: There is always a chance of infection no matter how careful you are. Signs of infection to look out for are increased redness, tenderness, pain, puss or drainage, hot to the touch and/or temperature greater than 100.5. If this occurs, please call for further instructions # (508)-998-1994 Ext. 119, 126 or 128

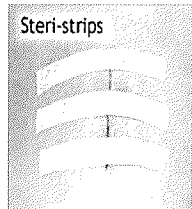
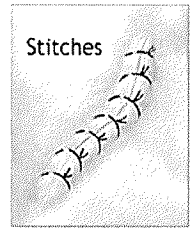
***If a problem occurs after hours, please call the office at: 1(508)998-1994.
It will direct you to the answering service who can reach the Physician for you.**

Antibiotics Sent to Pharmacy:_____.

POST-OP STERI-STRIP INSTRUCTIONS

WOUND CARE:

Please follow the instructions provided on this form. Steri-strips have been placed over your sutures to keep the wound protected and lessen the chances of wound dehiscence. Steri-strips look like thin white pieces of tape and are also known as butterflies. The steri-strips will provide added support to the surgical site until your suture removal appointment. If they should fall off prior to your appointment, this is okay. **IF** they fall off, we ask that you apply Aquaphor ointment and a bandaid to the surgical site daily until your suture removal appointment. If you have concerns, please feel free to contact our office.



ON THE DAY OF SURGERY:

1. Do not shower or get the surgical site wet for 48 hours after surgery. We need the area to stay dry during this time frame.
2. Apply an ice pack to the area for about 10-15 minutes every hour for the rest of the day.
 - a. You may continue these instructions on day two if there is excessive swelling.
 - b. Swelling typically resolves within 1-3 days after surgery.
3. If needed, you may take **TYLENOL ONLY** for any pain or discomfort (follow instructions on the bottle.)
 - a. Avoid **ASPIRIN** or aspirin products for 24-48 hours unless medically necessary and prescribed by your doctor.
4. Avoid alcohol consumption for 72 hours after surgery as this may increase the risk of postoperative bleeding.
5. Avoid any exercise or strenuous activities after surgery while sutures are in place as this may increase the risk of bleeding or wound dehiscence.

AFTER 48 HOURS:

1. After 48 hours, gently remove the bandage that is covering the wound. Be careful when removing the bandage as to not remove the steri-strips.
2. Do not worry if the wound is red, bruised or swollen. This is normal and will resolve over time.
3. As noted above, the steri-strips should remain in place until your suture removal appointment.
 - a. If they fall off, **DO NOT PANIC**. Follow instructions noted above and call with any further questions or concerns.
4. After 48 hours, you may shower as usual, just be cautious and try to avoid scrubbing directly over the surgical site. It is okay if it gets wet and for water to run down the area as soap and water will not harm the wound or steri-strips.
5. Pat dry and do nothing else to the area.

PLEASE NOTE: There is always a chance of infection no matter how careful you are. Signs of infection to look out for are increased redness, tenderness, pain, puss or drainage, hot to the touch and/or temperature greater than 100.5. If this occurs, please call for further instructions # (508)998-1994 Ext 119, 126 or 128

*** IN CASE OF BLEEDING:**

PLEASE DO NOT PANIC- We ask that you remove the bandage and place clean gauze pads over wound and hold firm pressure for 20 minutes, no peeking. When bleeding has stopped, you can apply a new bandage with gauze over the surgical site. If bleeding **DOES NOT STOP**, please contact us for further instructions.

***If a problem occurs after hours, please call the office at: 1(508)998-1994.
It will direct you to the answering service who can reach the Physician for you.**

Antibiotics Sent to Pharmacy:_____.