



## Post-Operative Twice Daily Wound Care Instructions

### For the first 48 hours after surgery:

- Do NOT remove the white bandage that was applied after your surgery.
- Keep the surgical site and bandage dry.

### Every morning and every evening, starting 48 hours after surgery:

- Wash your hands with soap and water, then remove the bandage.
- Cleanse the wound gently with soap and water
- Apply a generous amount of petrolatum (Vaseline) or Aquaphor ointment to the wound.
- Cover the wound with a non-adherent bandage (i.e., Telfa) and paper tape.

\*Continue wound care and bandaging twice each day for 2 weeks or until your next wound check appointment.

### Activity

1. Do not bend forward or lift anything heavier than 10lbs for the next 24-48 hours.
2. If the surgery was on the head or neck, sleep with your head elevated (extra pillows are fine) for the first two nights after surgery.
3. If the surgery was on your forehead or near the eye, you can expect swelling and bruising around the eye, this can last 10-14 days.
4. If you notice swelling towards your eye, you can ice 10-15 minutes on the hour.

### Pain

- It is okay to take acetaminophen (Tylenol).
- For moderate to severe pain, take your prescription pain medication as prescribed. Do not drive or operate equipment while taking prescription pain medication. Take all medications with food. Do not take prescription pain medication and acetaminophen (Tylenol) together.

### Bleeding

- If bleeding occurs, apply constant firm pressure on the bandage for 20 minutes. If bleeding does not stop, notify our office.

### Tips

- To prevent infection and minimize scarring, 1 week after surgery, wash your wound with soap and water twice daily and keep your healing wound covered with ointment and a bandage at all times. Do NOT let it dry out, scab, or get to air.
- Expect mild to moderate redness, swelling, clear to light yellow or pink drainage, and bruising, which may last 2 weeks or more.
- If you experience increasing pain, increasing swelling, increasing redness, warmth of the skin, fever, foul odor, or thick, yellow or green drainage after surgery, please call our office immediately.
- Avoid smoking or use of tobacco products for at least 1 week before and after surgery.
- Numbness after surgery is common and it may take up to one year before the feeling in the skin returns to normal.
- 3 weeks after surgery you may massage the incision with Vaseline or moisturizer. Use two fingers to massage along the incision site, this is helpful to soften the scar tissue.

### In Case of Emergency

Clinic: (970) 667-3116