

POST OP WOUND CARE INSTRUCTIONS

STERI STRIPS

- After surgery, try to spend the remainder of the day quietly resting. Limiting your exertion and movement will give you the best chance of keeping your wound closed and avoiding bleeding.
 - If desired, apply ice under a washcloth for 20 minutes on and 10 minutes off for the first few hours after surgery to minimize bruising and swelling. (If the surgery is on your face, you may experience black, swollen eyes the first week after surgery).
 - Some bleeding and oozing is normal. If you experience excessive bleeding after surgery, apply firm pressure on the dressing for 20 minutes without peeking. If the dressing is completely saturated, remove it and place clean gauze or towels over the site before applying pressure. If bleeding does not stop after 20 minutes, contact our office.
 - Pain and swelling at the surgery site are normal. This can be alleviated by keeping the site elevated. If surgery was on the head, neck or face, avoid stooping, bending or heavy lifting and sleep with your head elevated on several pillows. You can take Tylenol 500mg every 4 hours and Ibuprofen 600mg every 6 hours for pain (As long as you have not been told by another doctor that you can't take these medications)
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- You will leave our office with a pressure dressing in place
Keep this dressing clean, dry, and in place for _____ hours.
After _____ hours, remove our dressing
 - Always wash your hands with soap and water before caring for the surgical site.
 - Replace the strips as needed for the first 4 weeks after your surgery and **do not** apply Vaseline to the site
 - You can bathe and shower normally, but do not scrub the area or allow the strips to become saturated
 - When not bathing/showering, keep the wound dry and covered with a band-aid or gauze and tape
 - The edges of your strips may peel up with time, you may trim these as needed
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- Infection: Some redness of the wound edges is normal, but if this drastically increases and is associated with worsening swelling, yellow/green drainage, or increased pain with fever and chills, please contact our office.
 - Wounds on the lower legs may be red and swollen for weeks to months after surgery.
 - Initially, your scar may be very noticeable. Over 3-4 months, the redness will fade from the scar and any irregularities/puckering will diminish. Be sure to keep your scar out of the sun (and wear sunscreen). Prolonged sun exposure can interfere with your scar's healing.

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- Silicone scar products have been shown to improve the appearance of surgical scars. Several products are commercially available containing SPF 15-30.
 - ❖ This is optional, but if you plan on using one of these products, start applying 4 weeks after your surgery