



### **Post-Operative Wound Care Instructions**

1. Leave the initial bandage on for 24 hours. Keep the area dry until the bandage is removed.
2. Clean the area gently with **mild soap and water**.
3. Apply a ***THIN*** layer of **Mupirocin or Vaseline** ointment and cover with a Band-Aid. **Do not use Neosporin**.
4. Continue daily until the area has healed (approximately 7-10 days).
5. You may apply an ice pack to the surgical site as needed, 10-15 minutes every hour after surgery. This will help reduce swelling and bruising after surgery.

*Avoid direct contact of the ice pack with dressing by wrapping a towel around the ice pack.*

**Discomfort:** If you experience discomfort, you may take **Tylenol** (Acetaminophen) or **Extra-Strength Tylenol**, one to two tablets as directed on the bottle.

**Bleeding:** Some bleeding or drainage is normal following surgery. But if the dressing is soaked through with blood (within the first 24 hours), this is an indication for unusual bleeding. You should apply constant firm pressure for a full 20 minutes. If ineffective, you should notify our office and go to a nearby Emergency Room for assistance.

**Activity:** Do not smoke or drink alcohol until healed. Avoid bending or stooping, heavy lifting, swimming, or exercise using the involved areas of the surgical site until healed.

**Signs of Infection:** Some soreness and redness is expected. *If you experience any of the following, please notify us:*

- The area is **very sore, red, and/or hot** to the touch
- The area **swells**
- You develop a **fever**
- The wound seeps **green, tan or pungent drainage**

**\*\*For any complications related to your surgery, please call the office at (727) 528-0321**

**\*\* If you are having a medical emergency that needs immediate attention, please page emergency services and go to the nearest hospital \*\***