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## WOUND CARE INSTRUCTIONS

### DRESSING CHANGES:

- The *first* dressing change should occur approximately 48 hours after surgery.
  - You may get the bandage wet to aid gentle removal.
  - You may shower and allow the wound to get wet; however, do not allow the forceful stream of water to hit the wound directly.
- If the wound is on your scalp, you may wash your hair with a baby shampoo to avoid irritation.
- **Proceed with your custom wound care plan.**

### WOUND CARE:

#### TWICE DAILY DRESSING CHANGES RECOMMENDED

- Remove dressing
- Wash hands
- Clean wound gently using cotton swabs dipped in peroxide. Repeat using a new cotton swab.  
**Do not** place the used cotton swab back in the peroxide.
- If instructed, dilute vinegar soak\*\*
- Pat wound dry with cotton swab or gauze
- Apply a thin layer of petroleum ointment (example: Vaseline)
- If prescribed, apply a thin layer of mupirocin ointment
- If prescribed, apply a petrolatum gauze dressing
- Cover wound with a non-stick dressing (example: Telfa) and tape
- Cover wound with band-aid

### \*\*DILUTE VINEGAR SOAK:

#### ONCE DAILY SOAK

- How to prepare vinegar solution:
  - Mix 2 tablespoons of white household vinegar with 2 cups of water
  - Store in the refrigerator and use for up to 5 days
- Soak gauze with vinegar solution and apply to wound for 5 minutes
- Remove wet gauze

## IN CASE OF EMERGENCY:

- Please call our office at **212-814-5884**. If necessary, you may go to the emergency room or contact your primary care physician.

## WHAT TO EXPECT AFTER SURGERY:

- A pressure dressing has been applied to your wound to prevent bleeding and minimize swelling. It may be removed in 48 hours.
  - **Do not** get the pressure dressing wet.
  - Apply an ice pack over your dressing for 20 minutes every 2-4 hours until bedtime to help reduce swelling and discomfort.
  - A small amount of blood on the edges of the dressing is normal.
  - If bleeding persists and soils the dressing, apply firm and constant pressure over the dressing using gauze for 15 minutes. If the bleeding persists, repeat the pressure for an additional 15 minutes.
  - In rare instances, if bleeding continues, call our office at 212-814-5884.
- Discomfort is usually minimal.
  - Tylenol (acetaminophen) and/or ibuprofen (if allowed) should help to relieve any pain you may experience.
  - For 2 days after surgery:
    - Avoid taking aspirin products unless instructed by your medical provider
    - Avoid alcohol.
  - Resting and elevating the wound area are encouraged.

## WHAT TO EXPECT DURING THE HEALING PROCESS:

- Avoid exercise after surgery to optimize healing.
  - Limit aerobic activity, walking, stair climbing, bending, and lifting.
  - Exercise may be resumed after  2 days  2 weeks  3 weeks.
- Avoid soaking in the tub, hot tubs, and swimming pools until fully healed.
- Normal wound healing changes:
  - The wound edges may be pink and slightly tender to touch.
  - Expect mild itching, discomfort, numbness, or bruising around the wound.
- If the wound becomes bright red, hot, or acutely painful to touch, call our office immediately.

## AFTER THE HEALING PROCESS:

- Apply broad spectrum sunscreen of at least SPF 30 before going outdoors.
- **Please remember** that your follow-up visits are very important.