

## POST-OPERATIVE WOUND CARE

For the first 24 hours keep the bandage intact and dry. Try not to remove it as it helps to minimize bleeding which can occur this first day. You may help minimize swelling and pain by applying a cold pack or ice (wrapped in a Ziploc bag and towel) directly over the bandaged wound, alternating 10 minutes on, and 10 minutes off, for several hours. If you experience pain take Extra Strength Tylenol. Though it is best to avoid aspirin, Motrin, Advil, Excedrin, ibuprofen or other NSAIDs due to a greater chance of bleeding, if these are the only medications that allow you pain relief, you may take them sparingly.

After 24 hours, you may shower normally with the bandage still on. After you are finished showering, remove the wet bandage. Please do the following once a day, every day until you return for suture removal:

- Clean the area with mild soap and water or saline solution using a Q-tip
- Using a clean Q-tip apply Vaseline or Bactroban/ Mupirocin directly on the sutured area
- Cut the nonstick pad to size and apply directly onto the wound
- Use paper tape to seal the bandage.

Minimize alcohol consumption for 7 days following surgery as this dilates the blood vessels causing bleeding.

Avoid smoking for 7 -10 days after surgery as this dramatically impairs wound healing.

No swimming or bathing of the involved area until the wound is healed. Showering is okay.

No heavy lifting or exercising where you will be straining or causing tension on your wound for the first week. When given the okay, resume your normal activities cautiously. The wound takes several months to fully recover.

If any significant bleeding occurs after surgery, apply firm pressure with a dry washcloth or gauze directly over the area. Continue to apply firm pressure for at least 30 minutes without lifting the pressure or bandage. If bleeding persists after 30 minutes of constant firm pressure contact us at (310) 540-5272. If the office is closed, contact Dr. Ke directly at (216) 225-0225. Please leave a message and we will return your call shortly.

It is normal to have a small amount of redness, yellowish-red drainage, swelling, or bruising depending on the location. Dramatic swelling of the eyes and cheeks is common several days after surgery and often resolves in 10-14 days. If you experience severe itching, extensive redness or pus-like drainage, please contact us.

You may obtain all of the supplies at any pharmacy, normally over the counter:

- Saline solution (optional)
- Vaseline or Bactroban/ Mupirocin
- Non- Stick Pad
- Paper tape

If you received a prescription for antibiotics or pain medication, make sure to take them with a meal to minimize nausea. When taking antibiotics, consuming yogurt and other probiotics may help reduce the risk of diarrhea or yeast infections associated with antibiotic use.

Take it easy and let your body heal. Best wishes for a speedy recovery!