

Post-Operative Instructions

- Restart any blood-thinning medications including aspirin: **RIGHT AWAY (or as instructed)**
- You **May** need to take an oral antibiotic
 - It will be electronically sent to your selected pharmacy

1. Keep the dressing DRY AND INTACT for **24 HOURS or 48 HOURS**
2. Remove dressing after above time period. It IS ok to shower and allow running water on area. DO NOT apply any soap to area directly. You may leave bandage on in shower initially to protect area from soap. Replace bandage right away after showering. Never leave a wet bandage on the area.
3. Clean incision and change dressing twice a day (morning and night) until your follow-up visit
4. Clean your incision with either **TAP WATER** or **SALINE SOLUTION** and a Q-tip.

DO NOT Pour saline solution on to the wound and let it sit. Instead, dip Q-tip **ONLY** dab it on areas where you see dried blood or scabbing. It may take some loosening with the Q-tip but once the dried blood gets moist, it tends to flake off easily. **It is important to remove this dried blood as it can contribute to scarring.**

5. Dry the area COMPLETELY before applying ointment. Pat it dry. DO NOT RUB.
6. Generously apply VASELINE using a clean Q-tip. USE VASELINE FROM A TUBE OR A NEW, CLEAN JAR THAT HAS ONLY BEEN DIPPED INTO WITH Q-TIPS
7. Cover with piece of non-adherent dressing or nonstick gauze pad (ok to cut to size of incision)
8. Keep gauze in place with a small amount of paper tape or non-allergic tape.

KEEPING AREA SCAB FREE, MOIST WITH VASELINE, AND COVERED WILL HELP TO MINIMIZE SCARRING

DO NOT:

- ▶ Do not engage in any strenuous activity for the recommended time (5-14 days)
- ▶ Do not take any anti-inflammatory pain medications (ex. Aleve, ibuprofen, Advil) for 5 days
- ▶ Do not bend down and put your head below your waist (if wound is on the head/neck)
- ▶ Do not smoke - Absolutely no smoking for 7 days
- ▶ Do not drink alcohol for the next 5 days
- ▶ Do not shave the sutured area. Even electric razor will remove the sutures.

Call our Office if:

- ▶ You develop a fever of 101.5 F
- ▶ Your wound becomes red, hot or has excessive drainage
- ▶ Bleeding not stopped after 30 minutes of constant pressure
- ▶ Excessive bulging or swelling directly under the stitching
- ▶ Pain, unrelieved by Extra Strength Tylenol or prescribed pain medication

If you have a medical emergency, please call 911.

Should you have any other questions, please call us directly at 503-691-1122 during business hours.
For issues outside of business hours, page our on-call provider at 503-724-2909.

Bleeding

- Some bleeding may occur in the first 24 hours.
- Excessive bleeding that quickly soaks through a large portion of bandage is abnormal and requires attention.
If bleeding occurs DO NOT remove bandage, you should:
 1. Sit or lie down with the area elevated above the heart.
 2. Place additional gauze over area and apply direct, constant pressure to site for 30 minutes.
- IF bleeding seems to have stopped after 30 minutes, reinforce bandage by adding more gauze/tape.
DO NOT REMOVE BANDAGE.
- **IF has NOT stopped after 30 minutes, call our office or go to the nearest emergency/urgent care center.**

Bruising and Swelling

- Swelling and bruising is very common. You may experience delayed swelling around the eyes.
- Swelling and bruising will continue to INCREASE for 72 hours.
- Swelling and bruising will slowly dissipate over 2-3 weeks.
- If your wound is on your head or neck, you can sleep with your head elevated to reduce swelling.
- Do **NOT** apply ice to the affected area unless instructed to do so.
- **If it feels like there is a firm, pocket of fluid directly underneath the stitches this may indicate blood is accumulating under the skin. If this occurs, please call our office immediately.**

Activity

- Physical activity may cause the wound to begin bleeding.
- Please do not participate in any strenuous activities until instructed by our office.

Pain

- You may experience pain once the anesthetic has worn off.
- Anti-inflammatory pain medications (Advil, Aleve, Ibuprofen) may cause bleeding. Therefore, we ask that you use either **Tylenol/Acetaminophen** or your prescription pain medication as directed.
- You may take up to 3000 mg of Tylenol within a 24-hour period. We recommend taking 1000mg at a time.
- You may take Tylenol with the prescription medication. Just be sure to not exceed 3000mg in 24 hours.

Normal Healing

- You will normally experience tightness and sharp pin prick sensations as the wound heals.
- Numbness may occur but will improve up to one year. Sometimes numbness is permanent around the scar.
- Itching may also occur. This may be relieved by keeping area moisturized.
- There are dissolvable sutures under the skin. They take months to dissolve. As they are dissolving, they can cause firmness or bumps along suture line. Occasionally, the body may push them out. You will need to allow months for this reaction to completely subside. Call office with any concerns