

Surgical Wound Care Instructions

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DRESSING CARE

Immediately after your surgery, a "pressure dressing" will be applied to the surgical area. Keep the dressing dry until removed in 48 hours. Then:

- Twice daily, clean the surgical area with foamy soap and rinse with water.
- Dry well and apply a thin layer of Vaseline, Aquaphor or CeraVe healing ointment
- Covering the area with another bandage is up to your preference

MEDICATION

- For **DISCOMFORT** following surgery you may take plain Tylenol (acetaminophen) only
- **AVOID** Aspirin and Motrin (Ibuprofen) or other NSAIDs
- **DO NOT USE** Neosporin or other topical antibiotics unless you have been given a prescription

SWELLING AND BRUISING

- For surgery on the head area, sleep with your head slightly elevated
- Some swelling and bruising is USUAL following surgery around the eyes or lips.
- To lessen swelling, use an ice bag, a blue-gel cooler pad or ice cubes in a clean baggie. Place it OVER the dressing for 10-20 minutes and repeat as tolerated.

OOZING AND BLEEDING

- A bit of blood might be noticed on the bandage, especially in the first few hours after surgery
- Physical activity/exertion or bending over at the waist will aggravate oozing.
- If you have wounds around the mouth or cheek areas, limit hot temperature foods, hot drinks and heavy chewing for **48 hours** as these can also cause more bleeding

POST SURGERY CARE

- Do not use makeup or powder near a surgical area unless the surface is completely healed
- REST as much as possible **the first 48 hours** after surgery
- **DO NOT DO any lifting, straining or exercise** for one week after surgery.
- Eat a nutritious diet. Small amounts of Vitamin C and Zinc may be helpful
- Smoking causes healing problems for surgery of the skin (excision, flaps, grafts)

WHEN TO CALL OUR OFFICE or EMERGENCY LINE

- If **BLEEDING** persists after **30 minutes of pressure**
- If the area starts **to SWELL significantly**, like there is a golf ball under the skin
- If **pain is INCREASING** 1-4 days after surgery
- **Signs of infection:** worsening redness, increasing pain, fever, blisters, yellow pus
- **Signs of abnormal bleeding:** swelling and bleeding from the surgical area **after 24 hrs**

Our EMERGENCY LINE will put you in contact with Dr. Legacy after hours and on weekends.

248-326-6020



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