



Post-Operative Instructions

A prescription for _____ an antibiotic was electronically sent to _____

No prescription ordered

NOTE: If you have discontinued blood thinning medications, please restart them _____.

1. Keep the dressing in place and dry for the first 24 hours.
2. After the initial 24 hrs, remove the dressing and lightly clean the wound with Q-tips dipped in hydrogen peroxide. **Clean wound twice a day, until your follow-up visit.**

DO NOT pour the hydrogen peroxide and let it sit in the wound. Instead dab it on with a Q-tip and clean off any dried blood or scabbing. This may take some loosening; once the blood gets moist, it tends to flake off easily.

3. Dry the area by blotting it. No rubbing.
4. Apply an ointment (e.g. Vaseline, Aquaphor, Polysporin, or Neosporin) using Q-tips.
5. Cover with non-adherent dressing (Telfa) cut to size and apply paper tape (non-allergic tape).
6. Change dressing twice daily (morning and night).

DO NOT:

- ▶ Do not smoke - Absolutely no smoking for 7 days
- ▶ Do not drink alcohol for the next 5 days
- ▶ Do not apply Ice - Unless instructed, no ice is to be applied to the surgical site
- ▶ Do not shave the sutured area
- ▶ Do not allow the wound to scab over - Keep it moist and covered as directed

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 (2) Extra Strength Tylenol or prescribed pain relievers (Vicodin or Tylenol with codeine)

Should you have any questions, please call us directly at 503-691-1122, during business hours. Otherwise, page Dr. Kao/Keleigh Nersasian at 503-724-2909.

Bleeding

Minor bleeding and swelling may occur in the first 24 hours.

Excessive bleeding and swelling are abnormal and require attention.

Do not use any medications that contain Aspirin or Ibuprofen, while your wound is healing. This may increase the chances of bleeding. If you have questions whether your medications contain aspirin, check the medication label for “salicylates”. **If bleeding through the bandage occurs, you should:**

1. Sit or lie down with the area elevated above the heart.
2. Place a dry, clean gauze over the area and apply direct, constant pressure by pressing firmly over the site for 30 minutes. If bleeding has not stopped after the 30 minutes, call our office or go to the nearest emergency/urgent care center.

Bruising and Swelling

Some swelling and/or bruising is common, it slowly dissipates over 2-3 weeks.

If your wound is on your face, head or neck:

- ▶ Sleep with your head elevated on 2 pillows to reduce swelling
- ▶ Avoid bending with your head below your heart level
- ▶ You may experience delayed swelling around your eyes. This swelling and bruising takes about 2-3 weeks to completely disappear.

Excessive bruising, swelling or bulging directly underneath the stitched wound may indicate blood is accumulating under the skin. If this occurs, please call our office immediately.

Activity and Bathing

Physical activity may cause the wound to begin bleeding for the first few days after surgery. Please do not participate in any strenuous activities until instructed by our office. You may continue to bathe in the usual fashion. Please leave the bandage on while bathing. Pay close attention not to allow soap or shampoo to enter the wound. Always change the dressing after bathing!

Pain

You may experience slight discomfort, once the anesthetic has worn off. Two tablets of **Tylenol Extra Strength** every 4 hours are usually sufficient for controlling your pain. If you are experiencing an increase in pain, notify our office and we may prescribe additional pain medication.

Normal Healing

The edges of an unstitched wound will become red and you may see some yellowish matter inside the wound. This is the normal appearance of a healing wound. These are not signs of infection. Remember this wound should be allowed to heal from the inside-out. **DO NOT ALLOW IT TO SCAB OVER BY OMITTING OINTMENT OR BANDAGES!** You may experience tightness as the wound heals, as well as transient sharp pin prick sensations. This is normal and will diminish with time. Numbness may occur in the region of surgery but will improve for up to one year. Sometimes numbness is permanent around the scar. Itching may also occur. This may be relieved by rubbing a small amount of Vaseline over the healed scar.