

## Sutured Wound Care

§ No strenuous activity for 48 hours. Resume moderate activity in 72 hours. No heavy exercising until you are seen for follow-up in one to two weeks.

§ On the day of surgery, *if allowed*, alternate Tylenol and Ibuprofen every 2 hours beginning 1 hour after surgery for pain relief. **DO NOT TAKE NSAIDs (ALEVE, ADVIL, MOTRIN, ETC.) IF YOU ARE TAKING BLOOD THINNERS.**

§ Keep the pressure bandage in place for 24-48 hours. If the bandage becomes blood tinged or loose, reinforce it with gauze and paper tape. (Refer to the bottom of these instructions for management of bleeding)

§ Remove the pressure bandage in 24-48 hours. Okay to shower at this time.

§ Clean the surgery site every day and apply a new bandage as directed below. Repeat these instructions at least once a day until the wound has completely healed. **DO NOT LET THE WOUND DRY OUT.**

1. Cleanse with gentle soap and water using a Q-tip or sterile gauze pad.
2. Pat the cleansed area dry.
3. Apply Vaseline or CeraVe Healing Ointment over the entire wound. Do **NOT** use Neosporin.
4. Cover the wound with a band-aid or sterile **non-stick** gauze pad and paper tape.

§ The area may get wet while bathing, but swimming or hot tub use should be avoided until after follow-up in one to two weeks.

§ Do not drink alcoholic beverages for 48 hours.

§ No dietary restrictions.

§ Continue your normal medications.

§ Do not smoke for 3 weeks; smoking is detrimental to wound healing.

**§ It is normal to have swelling and bruising around the surgical site. The bruising will fade in approximately 10-14 days. Swelling will resolve in 5-7 days. Elevate the area to reduce swelling.**

§ Numbness, itchiness and sensitivity to temperature changes can occur after surgery and may take up to 18 months to normalize.

**Supplies needed:**

\*Cotton tipped applicators (Q-tips)

\*Vaseline, Aquaphor, or CeraVe Healing Ointment (NOT NEOSPORIN)

\*Band-aids, **non-stick** gauze pads and paper tape.

**If you have any questions, please do not hesitate to call (904) 420-7372.  
If it is an emergency and after hours, please call (904) 420-6848.**

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## POSSIBLE COMPLICATIONS

### **BLEEDING:**

1. Leave the bandage in place. Do NOT remove the bandage.
2. Use tightly rolled up gauze or a cloth to **apply direct pressure over the bandage for 30 minutes**. NO looking – just hold pressure for 30 min.
3. Reapply pressure for an additional 15 minutes if necessary
4. Call the office or go to the nearest emergency room if pressure fails to stop the bleeding.
5. Use additional gauze and tape to maintain pressure once the bleeding has stopped.

### **PAIN:**

1. Post operative pain should slowly get better, never worse.
2. Alternate Tylenol 500mg and Ibuprofen 400mg every 2 hours beginning 1 hour after surgery for pain relief. Do NOT take more than the recommended dose on the medication label. Do NOT take more than 3,000mg of acetaminophen (Tylenol) and 1,200mg of Ibuprofen. Only take these medications as allowed.
3. A severe increase in pain may indicate a problem. Call the office if this occurs.