

INSTRUCTIONS FOR SURGICAL PATIENTS

POST-OPERATIVE SITE CARE



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1. Restrict activities today.
2. You may take Tylenol or acetaminophen if needed for any discomfort you may have.
3. If your surgical site is located on your face or scalp, you may experience swelling in or around the surgical site. Surgical procedures performed on the scalp, forehead, eyelids, and upper cheeks are more likely to lead to swelling in the eye area or a "black eye". This swelling may appear immediately or up to several days after your procedure, and is normal and will typically resolve in several days. To minimize the possibility of this occurring, sleep with your head elevated on several pillows tonight and avoid stooping or bending. Using ice, as directed below, may also help.
4. If your surgical site is on your leg, especially the lower leg, you may have redness and swelling around the area. This can last for weeks and is normal. You can minimize this by keeping the area elevated as much as possible.
5. Swelling and pain can also be reduced by the application of an ice pack to the area for 15 minutes each hour until bedtime on the day of surgery. Ice cubes with a little water sealed in a Ziploc bag and wrapped in a towel work well and should be held on top of the pressure bandage that was applied in the office after your surgery.
6. Leave our bandage on for 24 hours.
7. The bandage may become spotted with blood. This is normal. If blood drips under the dressing, apply pressure directly to the dressing for 20 minutes without interruption. If the bleeding is not controlled after applying pressure, call the office at (407) 481-2620.
8. After 24 hours, you may remove the bandage and begin cleaning the site twice a day with hydrogen peroxide. It is best if any crusting or scab is gently removed and the wound is kept clean. This speeds healing, minimizes scarring and makes it easier to remove the sutures. After cleaning, apply antibiotic ointment or aquaphor to the site and apply a new bandage.
9. You may shower after 24 hours, changing the bandage after it becomes wet. Do not swim or completely submerge the area until after the sutures are removed.
10. If you have any questions or concerns, please call the office. The staff will be happy to answer any questions you may have.

11. Please make sure you return for your suture removal appointment as scheduled.