

### Post-Surgical Instructions for Open Wounds

1. Please avoid showering and leave all bandages/dressings intact and in place for the next 2 days.
2. Only if the dressing falls off or becomes severely saturated, you may remove the dressings and begin wound care as follows:

Cleanse the area with warm tap water using a cotton swab or gauze pad

You may shower normally at this time

Dry the area with a cotton swab or gauze pad then apply Polysporin/Bacitracin or petrolatum along with a new clean bandaid or non-stick dressing and paper tape.

**DO NOT USE NEOSPORIN OR TRIPLE ANTIBIOTIC**

Change the dressing daily as above UNTIL THE WOUND IS COMPLETELY HEALED

1. You may alternate Extra Strength Tylenol with Ibuprofen (Advil) as needed for discomfort. If alternating the medications, they should be taken at least 4 hrs. apart.
2. Continue taking all medications prescribed by your physician including aspirin if you are already taking it.
3. Apply an ice pack over the surgical site for 20 minutes at a time, two to three times a day of surgery to decrease pain, swelling, and bruising that may occur.
4. Elevate the area if possible to reduce swelling over the next 48 hours after surgery on two pillows. It is normal to have swelling and bruising around the surgical site.
5. No strenuous activity for 48 hours.
6. Continue all other prescribed medication.
7. Do not drink alcoholic beverages for 48 hours. Do not smoke for 3 weeks as smoking is detrimental to wound healing.
8. Avoid activities that require you to bend at the waist and elevate your blood pressure as this can increase pressure and bleeding.

#### BLEEDING:

1. Leave the bandage in place and use rolled up gauze or a clean cloth to apply firm, direct pressure over the surgical site for 20 minutes.
2. Reapply pressure for an additional 20 minutes if necessary followed by 20 minutes of ice.
3. Call the on-call physician at the number below if pressure and ice fails to stop the bleeding
4. Use additional gauze and tape to reinforce bandage once the bleeding has stopped.

**In Case of an EMERGENCY please call our office immediately at (315) 452-3376, Press option #1 to reach the on-call provider.**

Antibiotic: \_\_\_\_\_ Take one by mouth once every 12 hours for 10 days

REPAIR: \_\_\_\_\_

Date:

Initial: