



POSTOPERATIVE WOUND CARE INSTRUCTIONS

Daily Wound Care

- Please keep the initial dressing dry for at least 24 hours after your procedure. After the 24 hour time period, you may remove the bandage and replace it with a clean dressing. If it is more comfortable to do so, after the 24 hours you may leave the dressing off, if there is no wound bleeding or drainage.
- You may take showers after the 24 hour time period. Do not soak the wound in water. So no baths, whirlpool, swimming, etc.
- If you keep a bandage on the wound, use a clean gauze or non-stick pad and tape, or a Band-Aid if the wound is small enough.
- If Steri-Strips were placed on the wound, **DO NOT REMOVE THEM**. The Steri-Strips should begin to fall off on their own in approximately 2 weeks.
- You may resume any activity that does not cause discomfort. The amount of time you will be excused from work or school will vary by the procedure performed.

Possible Problems

- Swelling
 - Swelling of the wound should be expected. An ice pack may be applied to the surgical site over the dressing for 20 minutes, two or three times a day. Elevating the wound site if possible may also reduce swelling.
- Bleeding/Bruising
 - Minor bleeding or bruising is fairly common following surgery. It is usually easily controlled with gentle pressure to the wound.
- Drainage
 - A light, blood tinged drainage are not uncommon after surgery. However, thick/yellowish discharge, redness, fever, or increased pain can be signs of infection and should be immediately brought to Dr. Montany's attention.