



Post-Operative Wound Care

SUPPLIES

You will need the following:

- Tap water
- Band-Aids
- Telfa Dressing
- Surgical tape
- Q-tips
- Vaseline

WOUND CARE

1. Clean wound two times daily beginning 48 hours after surgery.
2. Clean wound with Q-tips soaked in tap water. Do not reuse Q-tips. Remove all crusted material and any white/yellow material that can come off easily.
3. After cleaning, generously apply Vaseline with a clean Q-tip.
4. Cover your wound with the following dressing:
 1. Telfa Dressing cut to the size of the wound and then tape OR
 2. Band-Aids
5. Continue wound care until stitches are removed or as your doctor directs. If the surgical site is swelling, you may elevate the site and apply an ice pack as long as the bandage stays dry.

PERSONAL HYGIENE

In the first 48 hours, showers or baths are allowed if the bandage remains dry. After 48 hours, the sutures may then get wet, but do not immerse in bath water.

Swimming is not allowed until the sutures are removed. Heavy lifting and exercise are not allowed until the sutures are removed.

PRESCRIPTIONS

Unless the doctor states otherwise, take Extra Strength Tylenol for pain as needed. Alcohol should be avoided for two days.

CONTACT THE DOCTOR IF ANY OF THE FOLLOWING OCCURS

1. Bleeding that saturates your dressing (spotting of dressing is expected). To stop bleeding, hold direct pressure over the dressing for 20 minutes, and do not remove the dressing.
2. Fever greater than 100 degrees Fahrenheit or 38 degrees Celsius.
3. Signs of infection, i.e., redness, swelling, foul-smelling drainage, pain or heat
4. Severe nausea and vomiting.

A physician can be reached at 816-584-8100 until 4pm. After 4pm, call 816-584-8100 to reach the physician on call. For any additional questions, please call the office to reach our nursing staff.