



Surgery Post Care Instructions

Today:

- We have applied a pressure dressing over your surgery site. Please leave this in place today.
- Apply ice for 10 minutes, off for 20 minutes, for 3 hours to help decrease swelling.
- Take Tylenol for pain.

Tomorrow:

- Take the bandage off and clean the site gently with warm water and soap.
- Apply antibiotic ointment (polysporin) or Vaseline and cover the site with non stick gauze and either Tegaderm or paper tape.
- Repeat this everyday x 2 weeks or until you return to have stitches removed
- You may want to rotate the angle of the bandage with each application to help avoid irritation from the bandage.

Questions most commonly asked:

Will this hurt once the anesthesia wears off? You may want to take Tylenol (Acetaminophen) when you get home to help with any mild discomfort. **DO NOT** take Aspirin, Motrin, Ibuprofen, and Advil since these promote bleeding. Please let us know if you are having any pain not controlled by Tylenol. You may ask your provider to write you a prescription for something stronger.

My site is red, is that normal? Some redness is normal and to be expected after surgery. If you have redness associated with pain or warmth, please call the office so we can better evaluate for possible infection.

What if it starts bleeding? A little oozing with clear pink fluid is normal. If you start noticing significant bleeding, then place a square of saran wrap over the site and apply firm pressure for 10-20 minutes. If the bleeding does not stop, or slow down, call the office. If it is after hours, call Dr. Foad at 513-885-0555.

What activity can I do? This will largely depend on the location of your surgery. The stitches you have inside and outside provide only the initial support of the wound. They are not nearly as strong as the support that your skin normally provides. This means that any excess tension on the wound can result in tearing of the stitches, and eventually a worse scar. Please avoid any undue stress on your wound for 2-3 weeks.

Here are some examples of things to avoid:

If your surgery was on your back and/or arms try to avoid bending, twisting, reaching, lifting heavy objects, etc. for 2-3 weeks.

If your surgery was on your leg and/or thigh try to avoid running, dancing, or excess movement for 2-3 weeks.