

Wound Care Instructions Sheet

The day of surgery: Keep the original dressing or bandage dry and in place for 24 hours. If the wound starts to bleed, please leave the dressing in place and apply firm pressure for 20 minutes. If that does not stop the bleeding, please call the Physician on call at (828) 465-3928 for further instructions.

To help control pain and swelling you may apply an ice pack to the wound site 3-4 times a day for 10 minutes at a time.

The day after surgery: Remove the dressing and wash the area gently but thoroughly with soap and warm water. Please DO NOT use alcohol or hydrogen peroxide. Pat the wound dry then apply antibiotic ointment and a fresh dressing or bandaid. Continue the washes and dressing changes twice a day until your recheck appointment.

Things to avoid: 1. Avoid strenuous physical activity, heavy lifting, and vigorous exercise that may put the stitches under stress.

2. No alcohol consumption for at least 7 days as this may interfere with healing
3. Please don't apply alcohol or hydrogen peroxide to the wound unless instructed to do so by your Physician.

Things to watch for: 1. Excessive pain.

2. Fever or chills
3. Foul smelling drainage coming from the wound.
4. Red streaks or other signs of infection around the wound.

If any of these occur, please contact us.