

Sutured Wound Care

§ No strenuous activity for 48 hours. Resume moderate activity in 72 hours. No heavy exercising until you are seen for follow up in one week.

§ On the day of surgery, if allowed, alternate Tylenol and Ibuprofen every 2 hours beginning 1 hour after surgery for pain relief.

§ Keep the pressure bandage in place for 24-48 hours. If the bandage becomes blood tinged or loose, reinforce it with gauze and paper tape. (Refer to the reverse side of this page for management of bleeding)

§ Remove the pressure bandage in 24-48 hours.

§ Leave the flat bandage/steri strips in place until your follow up appointment.

§ Keep the bandage dry. Wash around it carefully. Ok to shower after 48 hours.

§ Do not drink alcoholic beverages for 48 hours.

§ No dietary restrictions.

§ Continue your normal medications

§ Do not smoke for 3 weeks; smoking is detrimental to wound healing.

§ It is normal to have swelling and bruising around the surgical site. The bruising will fade in approximately 10-14 days. Swelling will resolve in 5-7 days. Elevate the area to reduce swelling.

§ Numbness, itchiness and sensitivity to temperature changes can occur after surgery and may take up to 18 months to normalize.

If you have any questions after hours, please call: (904) 274-1933

POSSIBLE COMPLICATIONS

BLEEDING:

1. Leave the bandage in place. Do NOT remove the bandage.
2. Use tightly rolled up gauze or a cloth to **apply direct pressure over the bandage for 30 minutes**. NO looking – just hold pressure for 30 min.
3. Reapply pressure for an additional 15 minutes if necessary
4. Call the office or go to the nearest emergency room if pressure fails to stop the bleeding.
5. Use additional gauze and tape to maintain pressure once the bleeding has stopped.

PAIN:

1. Post operative pain should slowly get better, never worse.
2. Alternate Tylenol 500mg and Ibuprofen 400mg every 2 hours beginning 1 hour after surgery for pain relief. Do NOT take more than the recommended dose on the medication label. Do NOT take more than 3,000mg mg of acetaminophen (Tylenol) and 1,200mg of Ibuprofen. Only take these medications as allowed.
3. A severe increase in pain may indicate a problem. Call the office if this occurs.