

Wound Care:

Your surgical site should be kept dry and bandaged for 24 hours after the procedure; you may only remove the bandage if bleeding occurs. In case of bleeding; please clean only the blood off, do not clean the surgical site itself.

Clean your surgical wound 1 time a day, starting **24 hours** after the procedure:

1. **Clean wound with warm saltwater solution (4 tablespoons salt to 1 cup of warm water) and gently blot dry. The surgical site should be kept free of dried blood and crust. Hydrogen peroxide may only be used to clean the area if the saltwater solution does not sufficiently remove the crust. Dried blood and crust prevent healing, it is important the wound is kept clean at all times.**
2. **Apply a layer of antibiotic ointment to the wound (Polysporin, Bacitracin or Vaseline) following cleaning and thereafter once daily.**
3. **A dressing is not necessary the day after surgery, unless your clothing would rub against the wound.**

Bleeding:

Following surgery, bleeding is always possible. If bleeding does occur, firm pressure on the bandage for 15 minutes, will most of the time stop the bleeding. If bleeding continues, apply pressure for an additional 15 minutes. If this doesn't stop the bleeding, contact Vitalogy. Discharge or some drainage may occur and is normal. Do not be concerned unless your operative site is actually bleeding and firm constant pressure does not stop the bleeding. It is important to avoid exertion for at least 24 hours after surgery, as this is the time that bleeding is most apt to occur. If surgery has been performed on the face, one should not bend or stoop unnecessarily. Sleeping on an extra pillow to elevate the head would be wise for a night or two.

Pain:

Post-operative pain is generally slight and you may have been given a medication prescription. If you didn't receive a prescription for this and you do need pain medication, please give contact us so we can call in the prescription for you.

Infection:

Infection is seldom a problem, but will be indicated by combination of a beefy-red wound, increased swelling, pain and discharge beginning several days after surgery. **Red streaking from the wound site might be an indicator for a serious wound complication; if this happens, please call immediately.**

Swelling:

Use an ice bag to reduce swelling. Apply the ice bag for 15 minutes out of each hour, 5-6 times following the surgery.

Medication:

Do not take aspirin or aspirin containing medications for 2 days after the surgery. Check with the doctor before taking medications for arthritis or rheumatism. Also, some pain medications may contain aspirin, so please check with the office before use. Do not drink alcoholic beverages for 2 days after surgery.

Scar:

There will be a scar and redness after surgery. This will decrease as the healing progresses, but redness should be expected as long as 6 months after surgery. Everyone heals differently and the final scar appearance depends on the individual's ability to heal. Because of the unpredictability in wound healing, no guarantees can be implied or stated as to the final appearance of the scar.

If you have and questions or concerns, please do not hesitate to call 512.930.3909.