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Post Operative Wound Care Instruction

(Closed Wounds)

1. For first _____ hours after surgery, do not get the wound wet and keep the dressing as it is.
2. After _____ hours you may get your wound wet (take a shower). At this point start changing your wound dressing 2 times a day.
3. Carefully remove previous dressing.
4. Cleanse wound with hydrogen peroxide using cotton tipped applicators.
5. Apply Polysporin Ointment.
6. Cover wound with a Telfa pad cut to size or band-aid. If there is any oozing you may also put gauze pads on top of the Telfa. Secure dressing with paper tape.
7. Take Tylenol (acetaminophen) for any discomfort. Avoid Aspirin (acetylsalicylic acid) or any other product containing Aspirin (i.e. Anacin).
8. If any bleeding should occur, apply 20 minutes of constant pressure. If the situation persists, please call us immediately.
9. Avoid any strenuous exercise or activity (bending, lifting heavy objects) that could be harmful to the wound for at least 3 weeks.
10. Avoid lying or sleeping on the side where surgery was performed.
11. If the Doctor prescribed an antibiotic or pain medication, please take as directed.

If you have any questions or need to reach Dr. Panagotacos, please call the above noted phone number.

Supplies:

1. Solution of half saline, half hydrogen peroxide
2. Polysporin
3. Paper Tape
4. Gauze Pads (3x3)
5. Telfa
6. Cotton Tipped Applicators