

Wound Care Instructions

- Cleanse the wound with warm, soapy water once daily.
- Apply Aquaphor to wound.
- Cover with dry, sterile bandage once a day until healed.

Wound Care Instructions for Procedures with Sutures

The importance of post-operative care to your surgical wounds cannot be overstated.

KEEP THE INITIAL DRESSING DRY FOR AT LEAST 24 HOURS AND UP TO 48 HOURS. Remove the bandage after 24-48 hours.

DAILY DRESSING CHANGE

- Wash hands before and after each dressing change.
- Wash area gently once daily using soap and warm water.
- Apply AQUAPHOR at each dressing change to keep the wound moist for better healing and to minimize scarring.
- Cover with dry, sterile bandage.

* **NO RUNNING OR HEAVY PHYSICAL ACTIVITIES UNTIL SUTURES ARE REMOVED.** If you have any concerns, please discuss with your provider.

* **NO LIFTING GREATER THAN 10 pounds** until your sutures are removed. Lifting restrictions will be re-evaluated at your suture removal appointment based upon the location and type of wounds.

* **NO BATHS OR SOAKING YOUR INCISION SITE UNTIL THE SUTURES ARE REMOVED.**

* If steri-strips were applied, **DO NOT REMOVE** them. They will fall off on their own. If they remain in place, no additional care is required. If the steri-strips fall off, change the dressing daily as directed at the top of the page.

BLEEDING: Bleeding can occur following surgery. To reduce this possibility, please follow these instructions:

- No strenuous physical activity for 2 weeks following your procedure.
- Avoid taking blood thinners, aspirin or ibuprofen-based products for 48 hours after your procedure unless advised otherwise by your Primary Care Physician or Cardiologist. If you feel discomfort, we recommend you take only Tylenol or Extra-Strength Tylenol according to package recommendations.
- Should bleeding occur, apply firm, constant pressure to the area for 20 minutes. You should also apply ice to the wound. This should stop minor bleeding. If not, please call the office or report to an Emergency Room if severe.
- Avoid alcoholic beverages for 24 hours following surgery.

SWELLING: If swelling occurs:

- Apply an ice pack to the surgical site for 20 minutes of each hour you are awake for the first 1-2 days. Sleep on the unaffected side.
- **INFECTION:** Signs of infection include pain, swelling, a bad odor, and/or a yellowish or greenish discharge.

SHOULD SIGNS OF INFECTION OCCUR, PLEASE CALL THE OFFICE AT (908) 879-8800 OR REPORT TO THE NEAREST EMERGENCY ROOM.