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Care of Your Surgical Site

1. Please do not bathe or shower for 24 hours and leave all bandages/dressings intact and in place for 24 hours. After 24 hours, you may remove the top tape and gauze dressing, exposing the steri-strips. Please leave the steri-strips in place.

ONLY FOR DRESSINGS THAT HAVE BECOME SOILED (such as blood or drainage): You may remove the dressing and cleanse the area with vinegar and warm water (mixture of 1 tablespoon of white vinegar in 2 cups of warm water). You do not need to repeat this. Steri-strips may fall off when you perform this which is OK. Pat dry the area, then apply Polysporin/Bacitracin or Aquaphor along with a new clean dressing. Change the dressing daily and reapply Polysporin/Bacitracin/Aquaphor after mildly cleansing the area with warm water.

2. Apply an ice pack over the surgical site for 20 minutes at a time, two to three times the day of surgery to decrease pain, swelling, and bruising that may occur.
3. Take Tylenol or aspirin free pain relievers as needed for discomfort (follow package instructions).
4. Continue taking all medication prescribed by your physician.
5. Do not resume aspirin or other over the counter products that contain aspirin or ibuprofen for 48 hours or unless advised by your doctor.
6. No strenuous activity for 48 hours.
7. Do not drink alcoholic beverages for 48 hours. Do not smoke for 3 weeks. Do not resume exercise until advised by Dr. Dee.
8. Elevate the area if possible to reduce swelling over the next 48 hours after surgery on two pillows. If surgery is on the head or neck, elevate with two pillows will lying down.

POSSIBLE COMPLICATIONS:

BLEEDING:

1. Leave the bandage in place and use rolled up gauze or a clean cloth to apply firm, direct pressure over the surgical site for 20 minutes.
2. Reapply pressure for an additional 20 minutes if necessary followed by 20 minutes of ice.
3. Call the on-call physician number below if pressure and ice fails to stop the bleeding.
4. Use additional gauze and tape to reinforce bandage once the bleeding stopped.

PAIN:

1. Post-operative pain should slowly get better, not worse.
2. A severe increase in pain may indicate a problem. Call the office if this occurs.

In case of EMERGENCY please call our office immediately at (716) 759-7759

Antibiotic:

Suture removal: