

Wound Care Instruction Sheet

The following items are needed for the care of your wound:

- *Polysporin ointment* - a **double** antibiotic ointment.
(Please do NOT use Neosporin or any other triple antibiotic ointment.)
 - If you are allergic to Polysporin (get itchy bumps or hives when using), you may use *Vaseline* or *Aquaphor* to keep the wound moist.
 - Band-aids or a non-adherent pad (Telfa pad) and hypafix tape (may be purchased on Amazon)
1. Leave the initial bandage/dressing on for 2 days (approx. 48 hours) after the surgery. Please avoid getting the bandage wet during this time.
 2. Then at least once a day, please change the dressing as follows:
 - Remove the dressing. (To prevent the bandage from sticking to the skin, soak the bandage with water in bath or shower before removing it).
 - Clean / wash the area with soap and water. (Do **NOT** use hydrogen peroxide or alcohol to clean. These products will actually delay wound healing.)
 - Apply **Ointment** to the area to keep it moist for better healing.
 - Cover the wound with a Band-aid **or** Telfa pad and tape in place with paper tape.
 - Do not allow a dry hard crust to form.
 - Do not shave in the area where sutures are located.
 3. **The DAY BEFORE the sutures / staples are to be removed (24 hours), LEAVE THE AREA OPEN AND DRY to the air. DO NOT put ointment or a bandage on the area.**
 4. If you experience pain, and are **not allergic** to Tylenol (generic= Acetaminophen) and do not have liver disease, you may take Extra-Strength Tylenol, 1-2 tablets, (every 4-6 hours for pain) but not more than 6 tablets in one day, for 2-3 days after surgery. Please call our office if the pain is not controlled with ice and Tylenol.
 5. If not prescribed for a medical condition, avoid aspirin, aspirin-containing products, anti-inflammatory medications, (like Ibuprofen and Aleve) – please refer to the Aspirin List. Also avoid alcoholic beverages for one week after surgery. This will decrease the risk of bleeding.
 6. **If bleeding does occur, apply direct pressure to the area for 15 minutes. This usually stops the bleeding. However if the bleeding does not stop, call our office or Dr. Horton directly. (Emergency numbers below).**
 7. **You must take it easy for the first two or three days after surgery. Avoid straining, bending over, lifting, excessive coughing, or anything that will put pressure on the wound. Please limit activity in the area for one month after surgery. Do not begin massaging the scar until one month after surgery.**
 8. To minimize swelling:
 - a. You may ice the area. Apply ice in a plastic bag or an ice pack directly over the **bandage (on for 20 minutes, off for 10 minutes)**, for at least 3-4 hours after surgery. You may also use a frozen bag of vegetables (frozen peas).
 - b. Please sleep with your head elevated (on 2-3 pillows) if you had surgery on your head.
 - c. The surgical site needs to be elevated for the first 24 hours after surgery.
 9. Avoid smoking. Smoking prevents the wound from healing and may cause the tissue to die.
 10. If the wound develops excessive redness, tenderness, swelling, discharge (pus), or if you develop a fever, you may have developed an infection. Please call our office immediately.
 11. If irritation occurs from the bandage, stop using band-aids. Try using a non-adherent pad such as Telfa and keep in place with PAPER TAPE.
 12. If you have any questions, please telephone our office and we will be pleased to assist you.

OUR OFFICE NUMBER IS (630) 482-3700
After hours, please call Dr. Sharon Horton at (630) 482-3940 or (630) 803-1044