

FOR TODAY AND TONIGHT (Immediately after your surgery):

1. **Ice, Ice, Ice.** Place an ice pack over and around your wound site: Twenty minutes on, twenty minutes off, while awake – unless instructed otherwise.
2. Do your best to relax and keep the wound site elevated.
3. If you had surgery on your head or neck, use an extra pillow when you sleep to keep the area elevated.
4. Do not remove the pressure bandage for 2 days.
5. If you notice any minor oozing or bleeding, hold constant firm pressure over the bleeding area for thirty minutes. Repeat if necessary.
6. For pain, use the ice packs and Extra Strength Tylenol (acetaminophen), unless contraindicated. Avoid extra aspirin and Ibuprofen; however, continue to take ALL medications that you are normally prescribed.
7. If you were prescribed antibiotics do not forget to take them as directed:

_____ times a day for _____ days.

FOR THE DAY AFTER SURGERY:

1. Continue to take it easy and if applicable, avoid shaving near the wound site until your stitches are removed.
2. Avoid heavy lifting, bending and moderate exercise, as these may raise your blood pressure and increase your risk of bleeding.
3. Try to leave the original bandage on for approximately 2 days.

TWO DAYS AFTER SURGERY TILL YOUR NEXT APPOINTMENT:

1. Take a shower and allow the water and steam to loosen up your initial bandage, which will make it easier to finally remove.
2. Wash your hands thoroughly, prior to any bandage change.
3. If your initial dressing had steri-strips (white tape strips placed directly on wound), please do not actively remove them. Please let them fall off on their own. Your ointment will appropriately ooze through any remaining steri-strips.
4. Any dried blood and scabbing may be gently removed with **Diluted Hydrogen Peroxide** (1 to 1 ratio with water) applied by rolling (avoid rubbing) a **Q-Tip** that has been soaked in Diluted Hydrogen Peroxide. Allow the bubbles of the Hydrogen Peroxide to dissolve the dried blood and scab. Only use the diluted hydrogen peroxide with the first two dressing changes, as too much use will slow healing, especially for wounds on the scalp, nose and forehead.
5. Cut a section of the **Non-Adherent Pad** (aka Telfa Pad) to make a custom bandage that will cover your wound and any remaining steri-strips.
6. Apply a lot of the recommended **Topical Ointment** (Bacitracin, Mupirocin, Erythromycin, Aquaphor, _____) to the custom cut Non-Adherent Pad, like toothpaste on a toothbrush, and affix with the **Paper Tape**.
7. **Alcohol pads** are included in your wound-care-kit to clean your scissors and to degrease your skin if the tape does not stick well. Avoid using the alcohol pads to clean your wound, as this will be too drying.
8. To optimize the ultimate cosmetic result, PLEASE NEVER LET THE WOUND BECOME DRY AND FORM A SCAB. Keep the area real moist with the recommended ointment.
9. Repeat the basic wound care (#2 - #8) twice a day. If there is no scab and no dried blood, you may simply wash the area gently with mild soap and water.
10. Your wound site will go through many changes as it heals. It often takes more than three months to ultimately judge the final cosmetic result.
11. We will see you at your follow-up appointment in _____ days.

If you develop fever, chills, streaking redness, foul smelling wound drainage, continuous bleeding or persistent pain please call our office.