WOUND CARE INSTRUCTIONS

DRESSING CHANGES:

- The *first* dressing change should occur ~48 hours after surgery.
  - Please get the pressure bandage soaking wet for removal.
  - After the bandage is removed, allow the wound to get wet.

- **TWICE DAILY DRESSING CHANGES RECOMMENDED:**
  - Wash hands
  - Clean wound gently using cotton swabs dipped in peroxide
  - Apply a layer of ointment (example: Vaseline)
  - Cover wound with a non-stick dressing pad & tape
  - Cover wound with band-aid

DILUTE VINEGAR SOAK (if directed):

**ONCE DAILY SOAK**
- How to prepare vinegar solution:
  - Mix 2 tablespoons of white household vinegar with 2 cups of water
  - Store in the refrigerator and use for up to 5 days
- Soak gauze with vinegar solution and apply to wound for 5 minutes
- Remove wet gauze

IN CASE OF EMERGENCY:

- Please call our office at 646-962-6647.
- After 5:00pm or on weekends/holidays, you will be transferred to an answering service. If necessary, you may go to the emergency room or contact your primary care physician.

ADDITIONAL INSTRUCTIONS ON BACK (SEE PAGE 2)
WOUND CARE INSTRUCTIONS

WHAT TO EXPECT AFTER SURGERY:

- A pressure dressing has been applied to your wound to prevent bleeding and minimize swelling. It may be removed in 48 hours.
  - **Do not** get the pressure dressing wet until removal.
  - Apply an ice pack over your dressing for 20 minutes every 2-4 hours until bedtime to help reduce swelling and discomfort.
  - A small amount of blood on the edges of the dressing is normal.
  - If bleeding persists and soils the dressing, apply firm and constant pressure over the dressing using a gauze or towel for 15 minutes. If the bleeding persists, repeat the pressure for an additional 15 minutes.
  - In rare instances, if bleeding continues, call our office at 646-962-6647.

- Discomfort is usually minimal.
  - Tylenol (acetaminophen) should help to relieve any pain you may experience.
  - For 2 days after surgery:
    - Avoid taking ibuprofen or aspirin products unless instructed to do so by your medical provider
    - Avoid alcohol.
  - Resting and elevating the wound area are encouraged.

WHAT TO EXPECT DURING THE HEALING PROCESS AFTER SURGERY:

- Avoid exercise after surgery to optimize healing.
  - Limit aerobic activity, walking, stair climbing, bending, and lifting.
  - Exercise may be resumed after □ 2 days □ 2 weeks □ 3 weeks
- Avoid soaking in the tub, hot tubs, and swimming pools until fully healed.
- Normal wound healing changes:
  - The wound edges may be pink and slightly tender to touch.
  - Expect mild itching, discomfort, numbness, or bruising around the wound.
- If the wound becomes bright red, hot, or acutely painful to touch, call our office immediately.

AFTER THE HEALING PROCESS:

- Apply broad spectrum sunscreen of at least SPF 30 before going outdoors.
- Please remember that your follow-up visits are very important.