



Post-Operative Care (Wound Care).

Day 1:

1. **NO ASPIRIN:** Use only Tylenol for pain. Aspirin products and other medications such as Advil, Aleve, Motrin (Ibuprofen), or Naprosyn promote bleeding, so refrain from using them.
2. **APPLY ICE:** Apply ice to the wound site in a waterproof bag, such as a Ziploc bag, add a little water and wrap a thin washcloth or towel around the bag. Apply for 20 minutes on the wound, 30 minutes off the wound until you go to bed. Applying the ice pack will help alleviate some of the pain as well as minimizes the swelling and bruising.
3. **NO SMOKING:** Do not use any form of tobacco (smoked or smokeless).
4. **NO DRINKING:** Do not consume alcoholic beverages; they may increase the risk of bleeding.
5. **NO STRENOUS ACTIVITIES:** Relax and take it easy tonight. Your only activities should include changing the TV channel or reading a good book.
6. **ELEVATE THE AREA:** Elevate the wound site to a level above heart. This can be accomplished by putting an extra pillow under the affected area in most cases. At night try to sleep on the unaffected side. This helps to minimize the bruising.
7. **IF THE BANDAGE BECOMES DARK OR RED:** Fold up a clean wash cloth or rag and apply direct, firm pressure on top of the bandage. Do this for 15 minutes continuously without lifting up and looking underneath the bandage. Do this for 2 consecutive 15 minute sessions and the bleeding should stop. If it does not stop bleeding, call the doctor who did your surgery.

Day 2 and following:

1. Wash your hands and remove the bandage.
2. Clean the suture site with soap and water.
3. Blot the site dry with a clean soft cloth.
4. Apply Vaseline or Aquaphor using a q-tip. It is important to keep the site moist with ointment to aid in the healing process and reduce scarring.
5. Apply a clean bandage.
6. Repeat process twice daily.
7. (If shaving, be careful not to shave over suture area)

Return to the clinic in _____ days for suture removal.

What to watch for:

Signs of infection include increased pain, swelling, and redness around the site or a red to yellow drainage from the site.

If you notice any of these signs, call the clinic at (970)673-1155

After hours call Dr. Hoover for any concerns 970-818-9493 (home) 970-217-6782 (cell)