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WOUND CARE AFTER MINOR SURGERY

Please observe the following guidelines for cleaning and caring for your wound. Your cooperation in aftercare will prevent infection and promote the best possible healing.

1. Keep the initial bandage that the doctor has placed on the wound intact for **24hrs**. Refrain from getting it wet.
2. After 24 hours remove the original bandage. Mix a cap full of hydrogen peroxide with a glass of warm water in a bowl. Wet a gauze pad with the 'dilute' hydrogen peroxide solution. Soak the wound with the gauze pad for **5-10 minutes**.
3. Then gently rub the wound site with the soaked washcloth or gauze pad to remove any loose crusts (**Do not pull off the scab!**). Pat the wound dry and apply a thin layer of antibiotic ointment (i.e. Polysporin, Bacitracin, Iodine or Bactroban ointment).
4. Cover the wound with a new bandage (i.e. Bandaid or Telfa pad). Avoid using gauze as this will stick to the wound and may cause bleeding and pain when removed. Rotate the bandage so the surrounding skin does not become irritated.
5. Until you return for your follow-up visit in _____ continue the wound care procedure **twice** a day.
6. Activity Restrictions: _____
7. After the initial bandage is changed, you may shower.
8. If soreness or pain is a problem, take Tylenol every 4-6 hours as needed. Avoid taking Alcohol, Aspirin or Ibuprofen type medications as they can promote bleeding.

WHEN TO CALL THE DOCTOR:

- 1) If the wound **bleeds** after surgery, apply constant pressure for fifteen minutes. Afterwards, if the bleeding does not stop, call the doctor.
- 2) If the wound **swells** after surgery, call the doctor.
- 3) If **severe pain** occurs after surgery, call the doctor.
- 4) **Infection** is seldom a problem but will be indicated by increasing tenderness, swelling or pain beginning 2 or 3 days after surgery and perhaps associated with some drainage/discharge from the wound. If this happens call the doctor.