



# WOUND CARE

## Instructions

After surgery or procedure, you will need to take care of your incision as it heals. Either stitches, staples, or tape strips were used to close your incision, and you will need to keep the area clean, change the dressing according to the instructions as stated below and watch for signs of infection.

You may notice soreness, tenderness, tingling, numbness and itching around your incision. There may also be mild oozing and bruising, and a small lump may form. This is normal and no cause for concern. Placing an ice bag on site may help with any swelling or discomfort.

### **After 24 hours you may:**

- Remove the outer gauze bandage
- Take a shower
- Do Not Remove The Steri-Strips Covering The Incision. Leave them in place until they become loose and fall off on their own. Redress the wound with gauze / band-aid as needed.
- Take Tylenol or Motrin for pain.

### **Call our office:**

To make your post-op appointment. If you notice any of the following:

- Signs of an infection, such as:
- A yellow or green discharge that is increasing A change in the odor of the discharge
- A change in the size of the incision
- Redness or hardening of the surrounding area The incision is hot to the touch
- Fever
- Excessive bleeding that has soaked through the dressing

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