

Wound Care Instructions

Wound Care:

1. Wash hands with soap and water prior to changing dressings.
2. Remove dressing 24/48 hours after surgery. You may bathe or shower after dressing is removed.
3. Cleanse incision site using a Q-Tip with soap and water daily to gently remove drainage and crust.
4. After cleaning the wound, apply a layer of petroleum ointment (Vaseline).
5. Cover the wound with a nonstick pad, gauze and paper tape, or a band aide.
6. If the site has steri-strips, do wound care over them.
7. Stitches will be removed in _____ days.
8. Continue wound care until stitches are removed.

Activity Level:

1. Do only quiet activities for 48 hours.
2. Mild activity can resume in 2 days.

Pain Control:

1. Take acetaminophen (Tylenol) every 4 hours the day of the procedure, then as needed for discomfort the following day.

What to Expect:

1. Mild bruising, swelling, and redness.
2. After 48 hours, wound should improve daily.

What Should I Do If:

1. Pain is not controlled by acetaminophen-call our office at 573-556-7719.
2. Bleeding from the incision site-control bleeding by elevating area and applying pressure with clean gauze or cloth directly to bandage for 15-20 minutes without looking. If bleeding persists, reapply firm pressure for another 15-20 minutes. If bleeding persists, call our office or if after hours call the St. Mary's operator at 573-761-7000 and ask for Dr. Hose/Dr. McCullem to be paged.
3. Signs of infection include excessive redness, warmth, drainage, pain, swelling, and fever. If your wound is healing well and then the above symptoms appear several days after the procedure, please call our office.

