

Post - Operative Instructions

Cleaning-- Please keep the incision clean. You may take a shower and gently clean the incision with soap and/or shampoo. Do not scrub the incision. Do not clean it with alcohol. Be careful not to pull out the sutures. Do not shave over the stitches. Twelve hours after your shower, clean your incision with soap and water or hydrogen peroxide. Do not clean your incision with peroxide if the wound is near your eye, though. Apply a new bandage after each cleansing, if desired.

Bleeding --

- A small amount of bleeding is natural and may be normal.
- If you have an incision on your head, face, or scalp do NOT bend over for any reason or do any heavy lifting or exercise for 5 days because the increased blood pressure to your head may start bleeding.
- If your incision begins to bleed to the point of dripping or making a mound, apply direct pressure over the wound and surrounding area for 30 minutes to control the bleeding. Sit upright if the wound is on your head. Press firmly.
- A pressure dressing may be recommended. (See instructions below).
- If your wound is on your head or neck, head elevation will help reduce bleeding. Please sleep with the head of your bed elevated by sleeping on more than 2 pillows. Head elevation helps control swelling.
- If there is unusual or persistent bleeding, swelling, redness or pus or any other unusual developments, please notify us immediately.
- Do not take any aspirin or related aspirin products for _____ additional days.

Infection-- If there are any signs of infection, notify us immediately. These may include excessive or increasing pain, swelling, redness, warmth or unusual drainage (pus).

Your wound has been closed with--

- Sutures that have to be removed. Princeton
- a. Your appointment for suture removal is on _____ Beckley
- Dissolvable sutures which will dissolve on their own in about two weeks. Bluefield
- b. No suture removal is necessary.
- c. You have been scheduled for a recheck on _____ Wytheville

Your incision has been dressed with--

- **BACITRACIN** ointment. Apply this ointment to the wound after cleaning wound 2 or 3 times a day for 7 days. After 7 days, stop this antibiotic ointment and use Vaseline only over the incision twice daily. You may use Neosporin ointment if you are not allergic to it.
- Keep your wound covered with a light dressing.
- Pressure dressing-
 - a. Sometimes a pressure dressing, usually an elastic wrap, is applied to help control potential bleeding.
 - b. Please maintain this pressure dressing for at least _____ hours (days) after surgery. Remove the pressure dressing before cleaning and reapply it as needed.
- Steri-Strips (paper tape)
Leave these pieces of paper tape on until they fall off. They should last for about 5 days and may appear bloody. There may be "threads" at the ends of your incision. DO NOT CUT these threads. They are holding your incisions together.
- As with any surgery, please notify us immediately of any untoward event that you feel needs our attention. After hours call: 276-322-1366 (Dr. Ashley's home number) or 304-716-6055 (Dr. David Tolliver's cell number)

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