



After your surgery, a pressure bandage will be placed over the open wound. This will help prevent bleeding. Please follow these instructions over the next two to six weeks. They will help you to prevent complications as your wound heals.

## For the First 48 Hours After Your Surgery

1. Leave the pressure bandage on and keep it dry. If it should come loose, you may retape it, but do not take it off.
2. Relax and take it easy. Do not do any vigorous exercise or heavy lifting. This could cause the wound to bleed.
3. Post-operative pain is usually mild. You may take plain or extra strength Tylenol every four hours as needed. Do not take any medicine that contains aspirin.
4. You may put an ice pack around the bandaged area for 20 minutes every two to three hours. This may help to reduce swelling, bruising and pain. Make sure the ice pack is waterproof so that the pressure bandage does not get wet.
5. You may see a small amount of drainage or blood on your pressure bandage. This is normal. However, if drainage or bleeding continues or saturates the bandage, you will need to apply firm pressure over the bandage with a piece of gauze for 15 minutes. If bleeding continues after applying pressure

for 15 minutes, apply an ice pack to the bandaged area for 15 minutes. If bleeding still continues, call our office or go to the nearest emergency room.

## 48 Hours After Surgery

1. Carefully remove the pressure bandage. If it seems very sticky or difficult to get off, you may need to soak it off in the shower.
2. After the pressure bandage is off, you may shower and get the wound wet. However, do not let the forceful stream of the shower hit the wound directly.
3. Over the next several weeks, your wound will be growing in (granulat-ing). It is important for you to take care of your wound to make sure it heals properly. After removing the pressure bandage, begin wound care and dressing changes following these instructions:
  - a) Twice daily for 5 days, then once a day after that, with Q-tips wet with hydrogen peroxide to cleanse the wound. Do not be afraid to wipe the wound thoroughly, but carefully.
  - b) Take a dry Q-tip and gently wipe away any crust or drainage. The wound will heal better if all crusts and scabs are removed.
  - c) Apply a thin layer of Vaseline ointment over the entire wound with a Q-tip. The

wound will heal faster and better if it is kept moist.

- d) Cover the wound with a non-stick dressing. You may tape a piece of gauze over the non-stick dressing for extra protection if you wish.
- e) Continue the wound care and dressing changes every day until you come back to clinic to have your wound checked.

## What Is Normal

1. During the first couple of days your wound may be tender and may bleed slightly when doing wound care.
2. There may be swelling and bruising around the wound, especially if it is near the eyes. For your comfort, you may apply warm, moist soaks to the bruises after you have removed the pressure bandage.
3. The area around your wound may be numb for several weeks or even months.
4. You may experience periodic sharp pain or mild itching around the wound as it heals.
5. The wound will look dark pinkish-yellow at first and the edges will be pink and somewhat tender. This will lighten gradually over the next couple of weeks.