

After your surgery, a pressure bandage will be placed over the area that has stitches. This will help prevent bleeding. Please follow these instructions over the next one to two 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. Avoid alcohol and vitamin E as these may increase your tendency to bleed.
4. You may put an ice pack around the bandaged area for 20 minutes every two to three hours. This may help 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. Follow these wound care and dressing change instructions:
 - a) Twice a day, clean the suture line by wetting a Q-tip with hydrogen peroxide and gently rolling it over the area. The hydrogen peroxide will help loosen any crust or drainage.
 - b) Take a dry Q-tip and gently roll it over the suture line. This will help remove any crust or drainage.
 - c) Apply a thin layer of Vaseline ointment over the suture line with a Q-tip.
 - d) Cover the suture line with a Telfa (non-stick) dressing. You may tape a piece of gauze over the Telfa 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 stitches taken out.

What Is Normal

1. 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 near the wound as it heals.
5. The suture line will look dark pink at first and the edges of the wound will be reddened. This will lighten up day by day.
6. Avoid alcohol and smoking until you return to clinic to have your stitches removed.