

Post-Operative Instructions

Wound Care:

Your surgical site should be kept dry and bandaged for 24-48 hours after the procedure. You may shower daily, however do not get into pools, hot tubs, lakes, etc. until your site is completely healed and any sutures are removed (usually 10-14 days).

Clean your surgical site one to two times daily, starting 24-48 hours after the procedure:

- Clean the wound with vinegar and water soaks (dilute 1 tablespoon of white vinegar in 1 pint of warm water) and then gently blot using a clean rag or gauze. The surgical site should be kept free of dried blood and crust.
- Apply a layer of ointment (Vaseline petroleum jelly or Aquaphor) to the wound and cover with a bandage.
- Repeat daily cleaning and bandaging until the site is completely healed or until the sutures have been removed.

* If you find bandaids irritating to your skin, a small piece of clean gauze with paper tape might be a better choice to bandage your surgery site.

Pain:

Post-operative pain is generally slight and you may take Tylenol. After the first 48 hours you can alternate Tylenol and Ibuprofen. If you feel that you need prescription pain medication please call our office at 205-682-8022.

Bleeding:

Following surgery, bleeding is always possible. If bleeding occurs, apply firm pressure to the area for 15 minutes before rechecking the site. Most of the time, this will stop the bleeding. If the bleeding continues, apply pressure for an additional 15 minutes. If this does not stop the bleeding, contact our office at 205-682-8022. Some discharge or drainage from your surgical site is normal. Do not be concerned unless your operative site is bleeding and firm constant pressure does not stop it.

Infection:

Infection is seldom a problem after surgery. Signs of infection include a combination of increasing redness, swelling, pain and yellow-green purulent discharge at your operative site. In the rare cases when infection develops, symptoms typically begin several days after surgery. Red streaking from the wound site might be an indicator of a serious wound complication; if this happens, please call our office immediately. Remember, some drainage from the surgical site as well as some redness and tenderness are normal.

Exercise:

Avoid all exercise for 24-48 hours following your procedure. It takes several months for a scar to gain strength at your surgery site. Limiting tension at the surgical site for several weeks is advisable.

Medications:

Do not take herbal supplements such as Vitamin E, Fish Oil, Garlic, ginger, St Johns wort, ginseng or Ginkgo Biloba for 3 days after the surgery as these may increase bleeding. Avoid non-steroidal anti-inflammatory medications (i.e. Advil, Motrin, Ibuprofen, etc) for 48 hours after surgery. Avoid aspirin for 3-5 days after surgery if possible. Please check with your General Physician before stopping any of these medications or aspirin therapy if they have been recommended to you by a physician. Do not drink alcoholic beverages for 2 days after surgery.

Scar:

There will be a scar and redness after surgery. The scar will continue to improve for 1-2 years. Everyone heals differently and the final scar appearance depends on the individual's ability to heal. Protecting your scar from sun by using sunscreen, Band-Aids, or protective clothing will also help it to heal better. However, because of the unpredictability in wound healing, no guarantees can be made as to the final appearance of the scar.