

# Postoperative Wound Care Instructions

## WOUND CARE

Clean wound:  once daily  twice daily

### You will need:



Paper Tape



Q-Tips



Hydrogen Peroxide



Gauze



Unopened Vaseline



Non-Stick Bandage or Tefla

### Layers of Bandage on Skin



**1** Wash Hands



**2**

Mix 1 part hydrogen peroxide to 9 parts water



**3**

Soak Q-Tip in mixture, roll across wound removing crust



**4**

Blot with dry gauze



**5**

Apply generous layer of Vaseline



**6**

Apply paper tape on top of non-stick bandage



## COMPLICATIONS



Redness, warmth, pain, swelling or a **FEVER** over **101° F**, contact us

Try **PAPER TAPE** even if not allergic to adhesives



If **BLEEDING**, apply pressure for **15 minute**. Set a timer. No peeking! If bleeding continues, contact us



**NO** heavy lifting, bending, or stooping

## RESTRICTIONS

Keep **INITIAL** dry dressing in place for:  24 hours  48 hours

If wound is on **FACE**, don't bend over or bend below the knee



## RECOMMENDATIONS

Take acetaminophen (Tylenol) for pain, avoid aspirin, Ibuprofen (Advil, Motrin), and naproxen (Aleve) for first 24-48 hours



Apply ice to wound for 20 minutes on and 20 minutes off for first day to reduce swelling