

WHAT SHOULD I DO RIGHT AFTER SURGERY?

After you have surgery, you should leave your bandage in place for at least 24 hours. Make sure to keep bandage dry during this time.

You may apply an ice pack for 20 minutes 3 to 4 times during the first 24 hours.

Elevate the area where the surgery was performed as much as possible.

It is important to relax and limit your activity for the first 48 hours. No heavy lifting, bending over, or vigorous exercising that might put the stitches under additional stress and interfere with proper healing for the next 7 days.

Postoperative pain is usually minimal. Extra-strength Tylenol, 2 tablets every 6 hours, is usually sufficient. Do not take aspirin or aspirin-containing products for seven days after surgery unless prescribed by your doctor.

BLEEDING

Careful attention during surgery has been given to prevent bleeding. The dressing placed on your wound is a pressure dressing that helps prevent bleeding; however, blood pressure elevation and physical activity can lead to bleeding. You may notice a small amount of blood on the edges of the dressing after the first day; this is normal. If bleeding soaks the dressing, apply firm, CONTINUOUS pressure to the area for 20 minutes, uninterrupted without lifting. This is usually adequate treatment. If bleeding still persists, repeat the 20 minutes of firm pressure. If this does not stop the bleeding, call the office or report to an emergency room.

WOUND CARE

After 24 hours you may remove the outer dressing. You will see brown or white surgical tape over the wound. Keep this in place until you return. You may shower after the initial dressing is removed and allow the area to get wet, however, do not let a forceful stream hit the wound directly.

If the tape comes off the wound before you return, this is ok. Clean the wound with mild soap and water. After cleansing, apply Polysporin or Vaseline over the stitches followed by Telfa or sterile gauze and surgical tape. If the wound is small enough, you may use a sterile Band-Aid to cover the wound. If leaving the wound unbandaged, apply Vaseline or Polysporin twice daily, to keep it moist and prevent formation of a scab.

APPEARANCE

There may be swelling around the wound, especially at surgery sites near the eyes. The area may remain numb for several weeks, even months. You may also experience periodic sharp pains near the wound as it heals. The suture line will be dark pink at first and the edges of the wound will be reddened. This will lighten up day by day and the site will become less tender. Remember, it usually takes 12-18 months for full maturation of the wound. You should notify us immediately if the wound becomes increasingly tender, warm, swollen, reddened, drains a pus-like thick substance, develops a strong odor, or if you develop a fever or chills.

If you are worried by the appearance of the surgical site, or if you have any questions or concerns, please call the office. LEBANON- 615.449.5771 and HERMITAGE- 615.964.5941