



## Wound Care Following Surgery

1. Keep the surgery area covered, bandaged and dry for 2\* days.
2. Rest for the first two days. Do not do any heavy lifting or exercise. Take Tylenol and use ice packs for pain as needed. If your wound bleeds, apply direct pressure for 30 minutes. It is normal to have some blood spotting on your bandage.
3. After you remove the bandage, gently wash around the wound with water. Showers are fine. Do not soak the stitches in a bath, hot tub or pool. Apply Vaseline (available over the counter at drug stores) over the stitches. Repeat this process until the stitches are removed.
4. If you have pain that is not relieved by Tylenol or non-aspirin medication, or if you develop redness around the wound, more than ¼ inch from the wound margin, call me at the numbers below. You may need oral antibiotics.
5. Do not use cosmetics on the surgical site until after the stitches are removed. Avoid sun exposure for one month and use sunscreen after one month.
6. The procedure was\_\_\_\_(Varies depending on surgery or procedure)

Your next appointment is:\_\_\_\_As Scheduled (normally 2 weeks unless surgery or procedure was neck and above – then one week for suture removal)

\* This is the standard time to keep a wound bandaged and dry. Your provider may want you to leave it on longer depending on the location of the surgery site. Please call if you have any questions.

**Boise Office:** 208-939-4599