

Instructions following minor surgery

Wound and dressing care:

24 hours after surgery:

1. Take dressing off
2. Wash wound delicately with a gentle soap and water
3. Dry skin softly by patting with a towel
4. Apply a small quantity of ointment (Polysporin), this can be bought at your pharmacy
5. Cover wound with dressing and surgical tape

Repeat this procedure morning and night for 2 to 3 days

Do not let the wound get dry or form a scab

72 hours after surgery:

1. Take dressing off
2. Wash wound delicately with a gentle soap and water
3. Dry wound softly by patting it dry with a towel
4. Apply a small quantity of ointment (Polysporin), this can be bought at your pharmacy
5. Cover with a **“Band Aid”**

Repeat this procedure morning and night until wound is healed

5 to 14 days after surgery (following doctor instructions):

The doctor will ask that you make a follow up appointment to remove the sutures if needed(some sutures are absorbent). Once the wound is healed and the sutures are removed, apply a topical **Vitamin E** cream regularly. This will improve the appearance of the scar. (Can be bought at your pharmacy)

Things to avoid:

- do not immerse incision/ wound/sutures in pool, bath, and whirlpool
- do not use Hydrogen Peroxide or rubbing alcohol
- avoid activities that will cause tension on wound/incision/sutures
- do not expose scar to the sun for a prolonged time (this will discolor scar to a dark brown tint)

Normal signs and symptoms 2-3 days after surgery:

- mild swelling
- bruising
- light clear or yellowish discharge
- sensitivity
- slight reddening

Make an appointment with the doctor at the clinic (862-4182) if:

- you have a fever
- pain increases
- redness increases
- yellowish or green discharge from wound lasting more than 1 to 2 days

If bleeding occurs:

Put pressure on the wound without interruption for 20 minutes minimum. If bleeding is significant or continues, call the clinic for an appointment (862-4182) or go to emergency.

Visit my website plantbaseddrjules.com to find downloadable versions of my post-op instruction forms and for more information on health, nutrition and skin surgery services.

