

# WOUND CARE INSTRUCTIONS FOR FLAPS AND SURGICAL REPAIRS

## **Materials:**

- Hydrogen peroxide, Q-tips (cotton-tipped applicators), 1/2 or 1 inch paper tape, clean scissors, non-stick pads (Telfa or equivalent), Vaseline or Aquaphor or in some cases an antibacterial ointment.

## **Wound Care - First 48 Hours:**

- Usually keep the area dry for 48 hours.
- Leave the original dressing on for 48 hours unless drainage or bleeding necessitates changing it earlier. If you need to change it, apply ointment and a dressing as discussed below.

## **Wound Care After 48 Hours:**

- After the initial 48 hours, you may take the dressing off and then shower. Perform wound care after you shower.
- Use a cotton-tipped applicator soaked with water and/or hydrogen peroxide (except around the eyes) to clean along and around the incision line. Do this to remove all scabs, crust, or dried blood from along the incision line and to remove bacteria from the entire surrounding area. Cotton-tipped applicators should be thrown away after single use.
- **Around the eyes** use a cotton-tipped applicator soaked with water (and baby shampoo if needed) to clean the wound.
- **Avoid touching the wound with fingers** to avoid infection.
- Use a cotton-tipped applicator to apply ointment (Vaseline or Aquaphor or in some cases an antibacterial ointment) along the entire incision line.
- Cover with a non-stick (Telfa) dressing and tape as directed. Sometimes coban or an ace wrap can be used instead of tape.
- Perform wound care twice a day until your sutures are removed.

## **Bleeding:**

If you think you are bleeding or if your dressing becomes blood soaked, remove the dressing to evaluate the site. If there is active bleeding (oozing), put pressure with gauze for 10-20 minutes over the bleeding area. If bleeding will not stop with pressure after 40 minutes of pressure, call us. As a last resort, if bleeding is significant and you can't control it with pressure and you can't reach anyone from our office, go to an emergency room. Usually it is better to hold pressure until you can reach one of our office staff.

## **Pain:**

Post-operative pain is usually minimal. Regular or extra-strength Tylenol (Acetaminophen), two tablets every 6 hours, usually will control pain. If needed, apply a cold pack over the dressing for 20 minutes every 2-3 hours during the first 24 hours. This will relieve swelling and help minimize bruising and will also lessen pain. Avoid Aspirin and alcohol for 3 days after surgery. It is also best to avoid ibuprofen and similar meds for 2-3 days after surgery, if possible.

## **Infection:**

If your surgical site is becoming more tender or red or swollen or hot to the touch or if you have drainage with pus or excessive drainage or foul odor you may have an infection. **Call us.**

### **In case of an emergency call**

Office: 801-262-3659 If no answer, call 801-262-3600

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