OPEN WOUND POST-OPERATIVE INSTRUCTIONS

Wound care supplies:
- Mild soap (Dove, Cetaphil)
- Gauze pads or Q-tips for cleaning
- Vaseline/petroleum jelly or Aquaphor
- Non-stick pads (Telfa) and paper/silk tape or Band-Aids for bandaging
- No antibiotic ointments

To care for your wound after surgery:
- Keep initial dressing dry and leave in place **for 48 hours**. Keep the dressing on while you shower. Allow it to get wet, which will make it come off easier. **Change bandage every 24-48 hours.**
- Cleanse site in this way:
  - Wash the wound with mild soap. Use gauze or Q-tips to remove crust, blood or old ointment. Dab wound dry with gauze
  - Apply Vaseline/Aquaphor to open wound. Do not apply to normal surrounding skin
  - Cover with a non-stick pad (Telfa) and tape or a Band-Aid
  - Do not allow a scab to form, always keep the wound covered with ointment
- Take 1 extra strength Tylenol 500mg. If Tylenol is not enough to control discomfort, following 24 hours after your procedure, you may add 1-2 ibuprofen/Advil/Aleve 200mg tabs every 6-8 hours.

What to expect with healing:
- Slight swelling and redness often appear around the wound. The wound may drain a brownish-yellow-red discharge. This is normal and will disappear within several days following surgery
- Signs of infection include heat, pain, yellow (not clear) pus, and **worsening** redness and swelling
- Bruising may appear 1-3 days following surgery and resolve within 1-2 weeks
- If surgical site is anywhere around eyes and nose, you may get swelling and bruising around eyes.
- If bleeding occurs, remove the dressing and hold **continuous** firm pressure to the bleeding site with gauze for 30 minutes. This will stop the bleeding most of the time. If still bleeding, hold continuous firm pressure for another 20 minutes. Call or go to the emergency room if bleeding persists.
- Continue wound care until the wound is completely healed. Normally it takes an average of 6-8 weeks for a wound to heal completely.