

POSTOPERATIVE CARE INSTRUCTIONS

PRESSURE DRESSING:

The dressing applied after surgery is called a pressure dressing. This dressing will help minimize bruising, swelling, and bleeding; it needs to stay in place for at least 48 hours and no longer than 72 hours.

WOUND CARE:

- After the pressure dressing has been removed, perform wound care once a day.
- Wash the wound gently with soap and water. It is safe to wash over the sutures after you shower. If there is crusting or scabbing, you can use a small amount of hydrogen peroxide to clean the edges of the wound with a Q-tip. Do not soak the area in peroxide, as this can delay healing. Use only a small amount.
- Then, use a clean Q-tip to apply a layer of Polysporin, Vaseline or Aquaphor.
DO NOT USE NEOSPORIN.
- **DO NOT SUBMERGE THE AREA IN WATER (beach, pool, rivers, hot tub. Etc.)**

PAIN:

- The surgical site will remain numb for 2-6 hours. Postoperative pain is usually mild, and Tylenol (acetaminophen) and/or ibuprofen can be taken to relieve any pain or discomfort.
- Continue taking your regular medication unless the provider tells you otherwise.

SWELLING & BRUISING:

Swelling and bruising are to be expected and are normal. If the surgery was around the scalp, eye area or forehead, it is common to experience significant swelling and possibly develop a black eye. Sleeping in an inclined position can be helpful (using pillows behind your head).

**ACTIVITY:**

DO NOT bend over or lift heavy objects (more than 10 lbs), for the first 48-72 hours. Activities such as golfing or household chores can raise blood pressure and promote bleeding.

BLEEDING:

- If active bleeding occurs (meaning blood is dripping from the surgery site), Remove bandage and apply firm pressure to the wound with a clean cloth for 10 full minutes (without Peeking). You may also apply ice wrapped in the cloth, ensuring the ice doesn't touch the skin directly.
- Oozing may occur for 1-2 days, be considerate of bedding to avoid staining.
- If bleeding continues after 20 minutes of applying pressure and ice, please contact the office.

INFECTION:

If you have been prescribed antibiotics, please finish the entire prescription.

Signs of infection include:

- Warmth or increased pain around the wound.
- Spreading redness.
- Pus or thick yellow drainage from the wound.
- Fever or chills.

In rare cases the sutures may come loose or shift. If you notice the wound starting to reopen or if it becomes more painful, please contact the office.

**PLEASE NOTIFY OUR OFFICE IF YOU RECOGNIZE ANY OF THESE SYMPTOMS,
(321) 724-9650 OR SEND A SECURE MESSAGE THROUGH THE PATIENT PORTAL.**