



WOUND CARE INSTRUCTIONS

DRESSING CHANGES:

- The *first* dressing change should occur ~48 hours after surgery.
 - Please get the pressure bandage soaking wet for removal.
 - After the bandage is removed, allow the wound to get wet.

- TWICE DAILY DRESSING CHANGES RECOMMENDED:
 - Wash hands
 - Clean wound gently using cotton swabs dipped in peroxide
 - Apply a layer of ointment (example: Vaseline)
 - Cover wound with a non-stick dressing pad & tape
 - Cover wound with band-aid

DILUTE VINEGAR SOAK (if directed):

ONCE DAILY SOAK

- How to prepare vinegar solution:
 - Mix 2 tablespoons of white household vinegar with 2 cups of water
 - Store in the refrigerator and use for up to 5 days
- Soak gauze with vinegar solution and apply to wound for 5 minutes
- Remove wet gauze

IN CASE OF EMERGENCY:

- Please call our office at **646-962-6647**.
- After 5:00pm or on weekends/holidays, you will be transferred to an answering service. If necessary, you may go to the emergency room or contact your primary care physician.

ADDITIONAL INSTRUCTIONS ON BACK (SEE PAGE 2)



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WHAT TO EXPECT AFTER SURGERY:

- A pressure dressing has been applied to your wound to prevent bleeding and minimize swelling. It may be removed in 48 hours.
 - **Do not** get the pressure dressing wet until removal.
 - Apply an ice pack over your dressing for 20 minutes every 2-4 hours until bedtime to help reduce swelling and discomfort.
 - A small amount of blood on the edges of the dressing is normal.
 - If bleeding persists and soils the dressing, apply firm and constant pressure over the dressing using a gauze or towel for 15 minutes. If the bleeding persists, repeat the pressure for an additional 15 minutes.
 - In rare instances, if bleeding continues, call our office at 646-962-6647.
- Discomfort is usually minimal.
 - Tylenol (acetaminophen) should help to relieve any pain you may experience.
 - For 2 days after surgery:
 - Avoid taking ibuprofen or aspirin products unless instructed to do so by your medical provider
 - Avoid alcohol.
 - Resting and elevating the wound area are encouraged.

WHAT TO EXPECT DURING THE HEALING PROCESS AFTER SURGERY:

- Avoid exercise after surgery to optimize healing.
 - Limit aerobic activity, walking, stair climbing, bending, and lifting.
 - Exercise may be resumed after 2 days 2 weeks 3 weeks
- Avoid soaking in the tub, hot tubs, and swimming pools until fully healed.
- Normal wound healing changes:
 - The wound edges may be pink and slightly tender to touch.
 - Expect mild itching, discomfort, numbness, or bruising around the wound.
- If the wound becomes bright red, hot, or acutely painful to touch, call our office immediately.

AFTER THE HEALING PROCESS:

- Apply broad spectrum sunscreen of at least SPF 30 before going outdoors.
- Please remember that your follow-up visits are very important.