

Sterile Surgery Post-Care Instructions

1. Leave the postoperative pressure dressing in place for 24 hours following surgery.
 - a. If bleeding occurs, hold pressure on the site for 15 minutes without peeking.
2. After 24 hours, remove the bandage by carefully loosening the tape around all the edges and then lifting the dressing straight off the wound. Wash the area gently with an antibacterial soap and water, allowing the water to run across the wound, and gently pat dry. Apply a thin layer of Vaseline or Aquaphor to the suture line daily. Continue wound care in this manner until we see you again.
3. Minimize sweating for 3-4 days because sweat can draw bacteria into the wound. After 3-4 days, your wound is relatively sealed. Try to limit physical activity and any activities that place tension on your wound, or that have a jarring type effect on the wound. These activities slow down wound healing and can cause bleeding. When you return to exercising, try low impact exercises first.
4. Do not shave in the area of your wound.
5. Smoking cigarettes and chewing tobacco constricts blood vessels in the skin, which slows wound healing. If you smoke, decreasing your smoking as much as possible will help you heal better and lower your risk of infection.
6. Take ibuprofen for any discomfort that you may have following surgery.
7. A small amount of clear to red-tinged drainage/weeping from your incision is to be expected. You should not experience bright red blood. If you experience excessive bleeding, apply direct pressure for 15 minutes straight without peeking. If you peek, the clotting process starts over. If you are still bleeding after 15 minutes, apply pressure for an additional 30 minutes. If the bleeding is not controlled, you need to seek care at a local emergency department.
8. A mild amount of crusting, redness, and swelling around the surgical site is normal. If you develop excessive redness, a fever, tenderness, pus, or increased pain not relieved by over the counter medications, please contact us.
9. We will either call you with your pathology/biopsy results or discuss them with you at your suture removal follow up appointment. If you do not receive your pathology results after 2 weeks, please contact our office. If a specimen was sent for pathology, there is a chance you will receive a bill from one of our pathology labs: Sagis Pathology, Tiaga Pathology, or Summit Pathology. They are a separate entity from Sage. Please contact them if you have any questions.
10. Return to the office to have your wound checked and sutures removed.