



POST OPERATIVE WOUND CARE

The first 48 hours are critical for post-operative bleeding problems. Try to take it easy. Do not participate in activities that will increase your heart rate and blood flow to the surgical site. This includes bending over at the waist and lifting heavy objects. Slight bleeding or drainage on the dressing is absolutely normal. If the surgical site bleeds enough to saturate the surgical dressing:

Apply direct pressure right over the surgical dressing for 15 minutes without releasing. If the bleeding stops, you do not have to change the dressing. Apply additional gauze right over the area.

If, after applying direct pressure, the bleeding still continues please call our office at (719) 574-0310.

Other signs to be aware of are increased swelling or severe pain at the surgical site or surrounding area. Please call us if this happens.

Take extra-strength Tylenol or the prescription medication (if given one) for pain. Please do not take Aspirin, Ibuprofen, or Naproxen for 3 more days.

1. Keep the surgical dressing clean and dry until it is removed two days after surgery.
2. Clean the incision (stitches) with mild soap & water removing any crusted blood or drainage. This may be done in the shower if desired.
3. Apply Vaseline with a Q-tip directly over the stitches and cover with a band-aid or telfa pad.
4. Repeat steps 2 and 3 daily until you return for suture removal.