

Wound Care Instructions

1. Do not remove bandage placed at the time of surgery for 24 hours.
2. After 24 hours, you should begin changing your bandage 2 times a day.
3. Always wash your hands with soap and water before performing any wound care.
4. Clean your wound with mild soap and water. You can use a cotton ball or gauze if you desire.
5. Pat dry with a clean gauze or tissue.
6. Apply Polysporin, Neosporin, or Bactroban to the entire wound.
7. Cover wound with a clean gauze or bandage.
8. Always keep your bandage dry. If the bandage becomes wet, replace it as soon as possible.
9. It is normal to see a small amount of swelling in the skin surrounding the wound. If this swelling is increasing or becomes painful, please call the office. This could be a sign of bleeding inside the wound.
10. It is also normal to see a reddish pink color appear immediately around the wound and around the stitch marks. If this reddish pink color spreads, becomes painful or warm, please call the office as soon as possible. This could be a sign of infection.
11. It is normal to see spotting of blood on your bandage while the wound is healing. Should your wound begin to bleed, place a clean gauze or washcloth over the wound and apply pressure to the wound with one hand for twenty (20) minutes (time this with a clock). If the bleeding does not stop, please call the office as soon as possible.
12. Do not use aspirin or aspirin-like products such as Ecotrin, Advil, Ibuprofen, Motrin, etc. Use Tylenol, if needed, for discomfort.

Return for an appointment on: ___/___/___ at ___AM/PM

Please feel free to call the office at (203)-869-4242 if you have any questions before or after any procedure.