



## **Wound Care Instructions Post Procedure**

### **Activity Restrictions**

#### **On the day of your surgery**

- Rest and relax for the remainder of the day
- Avoid caffeinated or alcoholic drinks
- Take all your medications as usual unless directed otherwise

#### **Up to two days post-surgery**

- Keep the surgical site dry. You may “sponge-bathe” the rest of your body but avoid the surgery site
- Two days after you surgery, you may begin to take showers (but continue to avoid baths)

#### **For 2-3 weeks after your surgery**

- Avoid heavy-lifting more than 5lb and abrupt movements such as bending or stretching
- Avoid submerging the surgery site in water; avoid baths or swimming

### **Care of the Procedure Site**

- At \_\_\_\_\_ hrs remove the bulky outer bandage; do NOT remove the tape overlying the wound if any applied
- You may then allow water to run over the site while in the shower, but do not submerge in water.
- You may cleanse the site with soap and water. Pat dry, do not rub.
- Apply ointments or moisturizers such as aquaphor to the site.
- Do NOT peel off the surgical tape protecting your wound; these will fall off on their own within 2 weeks; if the surgical tapes fall off quickly within 1 week, please call so that new tape can be applied. (if any applied)

### **What to Expect**

#### **Pain:** Mild or moderate pain is normal

- You may apply an ice pack over a washcloth to the site for 20 minutes on, 10 minutes off.
- If needed, take acetaminophen (Tylenol) for pain. Do NOT take it if you have a liver disease. Do NOT exceed the dose instructed on the bottle.

#### **Bleeding:** Bruising is normal

- If bleeding occurs, apply firm pressure to the bandage for 30 minutes. If the bleeding continues, please contact our office.

#### **Infection:** Mild redness of wound edges & clear, pink or straw-colored drainage are normal.

- If you develop expanding redness, milky drainage, fever or chills, please contact the office.

**For any questions or concerns please call the number listed below**

**Manhattan Beach (310) 546-7780**

**Torrance (310) 370-5679**

**Tustin (714)731-0061**