



Post-Operative Wound Care

1. Supplies

You will need the following items:

Tap Water	Non-Stick Dressing	Surgical tape/Band-Aids
Gentle Soap	Vaseline	Q-Tips

2. Wound Care

- A. Perform wound care two (2) times daily beginning 24-48 hours after surgery.
- B. Clean the area with warm, soapy water. Rinse thoroughly and pat dry.
- C. Generously apply Vaseline with a clean Q-Tip to the cleaned, dried sutures.
- D. Cover your wound with one of the following dressings:
 1. Non-stick dressing cut to the size of the wound and then surgical tape *or*
 2. Band-Aid(s)
- E. Continue wound care until stitches are removed or as your doctor directs. If the surgical site is swelling, you may elevate and apply an ice pack as long as bandage stays dry.

3. Personal Hygiene

In the first 24-48 hours, showers or baths are allowed if the bandage remains dry. After 24-48 hours, the sutures may get wet, but do not immerse in any water.

Swimming, heavy lifting, and exercise are not allowed until the sutures are removed.

4. Pain control

Unless otherwise contraindicated, you may take Extra Strength Tylenol for pain as needed. If you require additional pain control, Ibuprofen may be alternated with the Tylenol every 6 hours (do not exceed recommended dosage on bottles). Alcohol should be avoided for two days.

5. Contact the doctor if the following occurs:

- A. Bleeding which saturates your dressing (spotting of dressing is expected). To stop bleeding, hold direct pressure over the dressing for 20 minutes and do not remove the dressing.
- B. Fever greater than 100 degrees F or 38 degrees C.
- C. Signs of infection (i.e. redness, swelling, foul-smelling drainage, pain or heat)
- D. Severe nausea and vomiting.

If you have any issues please call 816.584.8100 until 4pm Monday through Friday. After 4pm, or on the weekend, the Physician on call can be reached by dialing 816.584.8100 to reach our answering service.