



POST-OP SURGERY INSTRUCTION

Day of Surgery:

- Apply ice to surgical site 2-3 times a day for approximately 15 minutes each time.
- Keep surgical site elevated to control bleeding, swelling, and bruising.
- Swelling and bruising are normal and to be expected 24-48 hours after surgery.

Day 2 After Surgery:

- Remove the top pressure bandage in the morning. The top pressure bandage consists of rolled-up gauze and brown tape. Once the top pressure bandage has been removed, please attempt to keep the remaining bandages as dry as possible until Day 2. If entire bandage comes off, begin Day 2 care early.
- Continue to elevate surgical site.

Day 2 After Surgery:

- Remove the thin brown tape that was underneath the top pressure bandage. Once the thin brown tape is removed, white steri-strips will be exposed. If the white steri-strips come off with the brown tape, that is fine, but do not try to pull off the white steri-strips at this time.
- Mix a solution of 1 tablespoon of white vinegar to 2 cups of warm water. Using gauze or a soft cloth, soak surgery site with the white vinegar/water solution for 10 minutes, twice per day, until follow-up appointment (if no follow-up, continue soaks for at least 10 days). **Soaks should be performed directly over white steri-strips.** After every soak, apply Vaseline or Aquaphor **over the white steri-strips**, followed by a loose bandage.
- With soaks, the steri-strips will loosen and fall off on their own. Continue performing soaks and applying Vaseline or Aquaphor directly against incision (for at least 10 days) even if steri-strips have fallen off. Soaking is important in preventing a scab from forming. You may gently remove steri-strips after 7 days if they have not come off.
- You may begin showering as normal today.

Surgery Day through Day 4:

- Avoid consuming any of the following: **Alcohol, Aspirin, Ibuprofen, or any additional NSAID medications, unless prescribed by a physician for another medical issue.** If you are experiencing pain at the surgical site, you may take either Extra Strength Tylenol or prescribed pain medication.
- Avoid heavy lifting, bending over, and vigorous exercise for 1 week. These activities can cause tension and bleeding at surgical site, interfering with proper healing.
- If you notice any bleeding from the surgical site, apply firm, direct pressure for twenty minutes followed by ice for ten minutes. Repeat as necessary. Some minor bleeding is expected up to 3 days after surgery. If bleeding persists, please contact us.

For any questions during office hours, please call us at **(706) 543-5858**. Please call with any emergency questions or concerns.