

### **TAKING CARE OF YOUR SURGICAL SITE**

You will be going home with a pressure dressing on. This is to be kept on for 24 hours. Swelling and variable degrees of bruising are common and should be anticipated. It is normal for the area to ooze a little blood, especially in the first few hours after surgery. If the bleeding is persistent, apply direct pressure to the site for 15 minutes. If not effective, remove all bandages and reapply pressure exactly on the bleeding spot for 15 minutes. If the bleeding continues, please call the office so we can seal the bleeding spot for you.

It is recommended that someone be with you during the first 24 hours.

After 24 hours, you may remove the top dressing. Thereafter, gently flush the area with water, dry, and apply an ointment such as Aquaphor or Vaseline ointment twice daily for one week. Reapplying a bandage is optional.

Do not drink alcohol or take aspirin or aspirin containing medications such as Alka Seltzer, Anacin, Excedrin, Empirin, and many cold pills for one week following surgery. If you have any discomfort, take Tylenol or generic acetaminophen.

Rest. Avoid strenuous exercise, bending, straining, stooping, and lifting heavy objects for the first few days after surgery. Sometimes these motions can start bleeding from the incision.

Bruising and swelling may occur, especially over the head and neck region, and most notably, around the eyes. This peaks around days 2 to 4.

When the sutures are removed, usually between 5 and 14 days depending on the location, steri strips may be applied. Please keep these on for 1 or 2 weeks. They are slightly water resistant but definitely not waterproof; therefore, avoid direct water contact to them.

If you notice any abnormal healing, such as excessive tenderness, excessive swelling, expanding redness, warmth, or pus, please call the office for a sooner appointment.

Pinkness, residual swelling, and incisional bumps may take several weeks to resolve. Remember to keep your follow-up appointments in order to ensure proper healing.

If at any time you feel that the site is not healing properly, whether immediately after the procedure or several weeks following, please call the office so that Dr. Badame may evaluate in a prompt fashion.