



**SADDLEBACK**  
MEDICAL GROUP

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**POST OPERATIVE WOUND CARE**

The importance of post-operative care to your surgical site cannot be over stressed. The care you take of yourself and your surgical wound is extremely important to the success of the procedure and to your complete recovery and well-being.

Listed below are some guidelines if you experience any of the following conditions after surgery:

**Bleeding**

Bleeding can occur following surgery. To reduce the possibility of bleeding,

1. Limit activities for at least 24 hours
2. Keep the operative site elevated
3. If surgery was on your face, head, or neck:
  - a. Avoid stooping or bending.
  - b. Avoid straining to have a bowel movement.
  - c. Sleep with your head and shoulders elevated on extra pillows.
4. Should bleeding occur, apply firm, constant pressure on the bandage for 20 minutes. This will usually stop minor bleeding.

**Swelling**

Swelling occurs because surgery caused a wound and your body reacts to that injury. To reduce the amount of swelling that may occur:

1. Apply an ice pack to the surgery site for 20 minutes each hour during waking hours. If you do not have an ice pack, a “baggy” filled with crushed ice and wrapped with a thin towel will work.
2. Keep your bandage dry.

**Pain**

Post-operative pain is generally slight. In nearly all cases, extra strength Tylenol<sup>®</sup> will relieve any pain you may experience.

**Infection**

Infection seldom occurs when the wound care instructions have been carefully followed. Signs of infection include **redness, swelling, heat, increased pain, or yellowish discharge.**

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## **Wound Care – Two Times Each Day**

The following procedure should be followed TWICE DAILY until the surgery site is healed.

1. Wash your hands thoroughly with soap and water.
2. Apply hydrogen peroxide and water – one half to one half solution – to the wound suture line with a cotton ball or Q-tip.
3. Pat wound thoroughly dry with a clean soft cloth.
4. Apply a thin layer of antibiotic ointment.
5. Apply a clean dressing loosely over the wound.

There will be a scar and redness in the scar after surgery. This will decrease as healing progresses, but redness may last as long as six months. Everyone heals differently and the final scar appearance depends on an individual's ability to heal. Due to the unpredictability in wound healing, the final appearance cannot be pre-operatively ascertained, and therefore no guarantees can be implied or stated as to the final appearance of the scar.

## **Special Instructions**

1. Limit physical activities for at least 24 hours after surgery.
2. Keep the surgery site elevated.
3. If bleeding occurs, apply constant, firm pressure to the site. **CALL** our office immediately if bleeding does not stop.
4. Apply an ice pack for 20 minutes each hour during waking hours on the surgery day.
5. Take extra strength Tylenol<sup>®</sup> if pain is present.
6. Follow all wound care instructions diligently.
7. **Notify our office immediately at 949-465-8154 if bleeding or signs of infection occur.**