**HOME WOUND CARE INSTRUCTION**

**SUPPLIES NEEDED**

* Hydrogen Peroxide
* Cotton tipped applicators – such as Q-tips
* Antibiotic ointment - Bactroban**.**
* **PLEASE DO NOT USE NEOSPORIN – this contains neomycin which may cause an allergic reaction even if they have used it before without any problems.**
* Non-stick pads- such as telfa, paper tape or any non irritating band aide that will fit over the incision site.

**INSTRUCTIONS**

**Leave the original bandage in place for 24 / 48 hours.** Following this time the bandage may be removed and begin the following steps twice daily:

**1. Clean the wound twice daily with peroxide/saline by using a Q-tip or gauze pad, until completely healed.**

2. Use a Q-tip or gauze pad to gently clean the wound. Allow the peroxide to bubble and clean the wound until any loose material and crusts are removed. Dry with a Q-tip or sterile gauze pad.

***Note: Never place a used swab back into the bottle of hydrogen peroxide.***

3. Apply Bactroban twice a day to the wound for 1 week.

4. Change dressing once or twice a day for 1 week. After one week you may leave the wound uncovered unless you are outside in a dirty environment or if the location of the incision is covered by clothing.

5. If drainage occurs, you may cut a gauze pad and place it over the wound.

6. Use micropore tape to hold the dressing in place.

Repeat these instructions until the wound has completely healed.

**GENERAL INSTRUCTIONS FOR WOUNDS WITH STITCHES**

1. After surgery, go home and take it easy (no exertion, lifting, bending or straining).

2. For pain management please take **Extra Strength Tylenol** 1-2 every 4 to 6 hours as needed. If additional medication was prescribed, please take as directed. **Do not take any aspirin or ibuprofen products within 48 hours after your surgery, as this could lead to bleeding. *Do not drink any alcoholic beverages.***

3. Do not get the dressing wet for the first 24 hours. After the first 24 hours you may wash carefully around the dressing or allow clean shower water to run over the wound. Do not submerge your suture site in the bath tub or pool as this will make it susceptible to infection.

4. Do not do any heavy lifting or exercising until after the sutures are removed.

3. Complications can include excessive bleeding, infection and pain. Some bleeding is normal with in the first 48 hours following surgery. If bleeding should occur, and soaks through your bandage, remain calm and apply steady, firm pressure for 20 minutes. If bleeding persists, contact our office. Signs of infections include:

* excessive redness,
* swelling,
* pain,
* yellow or green drainage
* heat.

If any of these symptoms occur, or if you have any questions, please call our office at 327-8618/8667.

**Return for suture removal in \_\_\_\_\_\_\_\_\_days.**

**Your appt. is at \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_on \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.**