

## Post-Operative Instructions

**Cleaning** – Please keep the incision clean. Gently clean with soap and water twice daily. You may take a shower and gently clean the incision with soap and/or shampoo. **DO NOT SCRUB THE INCISION. DO NOT CLEAN INCISION WITH ALCOHOL.** Be careful not to pull out the stitches, **DO NOT SHAVE OVER STITCHES.** Apply a new bandage after each cleansing, if desired.

### Bleeding –

- A small amount of bleeding is normal. **APPLY ICE AND PRESSURE.**
- If you have an incision on your head, face, or scalp, **DO NOT BEND OVER** for any reason or do any heavy lifting or exercise for 5 days because the increased blood pressure to your head may cause bleeding.
- If you have an incision on your head, face, or scalp, elevation will help reduce bleeding and swelling. Please sleep with the head of your bed elevated by sleeping on 2 or more pillows.
- If your incision begins to bleed to the point of dripping or making a mound, apply direct pressure over the wound and surrounding area for 30 minutes to control bleeding, **press firmly.** Sit upright if the wound is on your head.
- A pressure dressing may be recommended. (See instructions below)
- If there is unusual or persistent bleeding, swelling, redness, pus, or any other unusual developments, please notify us immediately.
- DO NOT TAKE Aspirin or Aspirin related products for \_\_\_\_\_ additional days.

### Infection –

If there are any signs of infection, notify us immediately. These may include excessive or increasing pain, swelling, redness, warmth, or unusual drainage (pus).

### Your wound has been closed with –

- Sutures that have to be removed.
  - Your suture removal appointment is on \_\_\_\_\_.
- Dissolvable suture which will dissolve on their own in about two weeks.
  - No suture removal is necessary.
  - You have been scheduled for a recheck on \_\_\_\_\_.

- Princeton
- Beckley
- Bluefield
- Wytheville
- Radford

### Your incision has been dressed with –

- Keep your wound covered with a light dressing.
- Pressure dressing
  - Sometimes a pressure dressing, usually an elastic wrap, is applied to help control potential bleeding.
  - Please maintain this pressure dressing for at least \_\_\_\_\_ hours (days) after surgery. Remove the pressure dressing before cleaning and reapply it as needed.
- Steri-Strips (paper tape)
  - Leave these pieces of paper tape on until they fall off. They should last for about 5 days and may appear bloody. There may be “threads” at the end of your incision. **DO NOT CUT** these threads. They are holding your incision together.

Your prescription has been sent electronically to the pharmacy you indicated. Please pick up your prescription and start taking your medicine right away.

**As with any surgery, please notify us immediately at 1-866-878-0031 of any untoward events that you feel needs our attention.**

**After hours call: 304-920-2965 OR 304-921-1683**