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### Sutured Wound Care Instructions

**Practice good hand hygiene – always wash your hands thoroughly with an antibacterial soap before changing the dressing or touching your wound to apply medication.**

- **You can expect some bruising and swelling.** Applying ice packs for 5-10 minutes out of each hour **directly over the bandage** while you are awake will reduce swelling and discomfort.
- Please keep the surgical site elevated as much as possible. Relaxing in a recliner or sleeping on a couple extra pillows may be helpful. This will help keep the swelling down.
- **You can expect some discomfort after the anesthesia wears off.** Two extra strength Tylenol taken every 4 hours will reduce the pain. **IF** Tylenol does not reduce the pain to a tolerable level, please call us.
- Leave the pressure dressing on for **2 days** after the surgery. **DO NOT GET THE BANDAGE WET FOR 2 DAYS!**
- After 2 days you may remove the pressure dressing and get the surgical site wet. Gently clean the area with mild soap and water daily. **DO NOT USE A WASHCLOTH.**
- After cleaning the surgical site apply **PLAIN VASELINE** or **POLYSPORIN**. Avoid using Neosporin, as it tends to cause allergic reactions. There is no need to re-bandage the area at this time.
- **DO NOT** do any bending over, stooping or lifting for the first 2 days after the surgery. Bending over and lifting heavy items increases the blood pressure and may increase swelling or induce bleeding.
- **IF** the pressure dressing becomes saturated with blood, call our office immediately. This means if you can see blood coming through the pressure dressing.
- **DO NOT** drink alcohol or smoke for several days after the surgery. Alcohol is a blood thinner and could potentially make the area bleed.
- Be sure to call the office if you think that the surgical site is not healing properly, or if you experience signs and symptoms of an infection such as redness, swelling, drainage or oozing of the site or if the site feels warm to the touch.