



Associated Plastic Surgeons & Consultants, P.C.
Cosmetic & Reconstructive Plastic Surgery

*Diplomates American Board of Plastic Surgery
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POST-OPERATIVE PLASTIC SURGICAL CARE

Below are instructions that should answer many questions and make your recuperative period expedient and more comfortable.

A certain amount of discomfort is to be expected. If you have not been prescribed pain medication, try Tylenol. Stay away from medications such as Aspirin, Advil, Motrin, Bufferin or other medications containing Aspirin as these can promote bleeding and swelling. Elevation of the injured part frequently results in decreased discomfort. Should your discomfort not be relieved by the above measures, please contact your physician and an appropriate medication or treatment will be prescribed.

Wherever there has been surgery, a certain amount of bleeding or oozing is to be anticipated. This bleeding can stain the bandages and is perfectly normal. Unless instructed otherwise, do **NOT** change the bandage. If profuse bleeding occurs, immediately apply constant pressure (do not remove the pressure for "peeking") and call your physician or return to the Emergency Room.

If you have Steri-Strips (thin translucent Band-Aids) and they start to curl or peel, please reinforce them with a band-aid or surgical tape. **DO NOT** remove the Steri-Strip as this can inadvertently remove sutures/stitches.

If, over the first several post-operative days you have an increase in pain, redness, swelling or thick discharge from the wound, call your physician as these may be early signs of infection.

Unless instructed otherwise, you may get the surgical site wet. You may shower and shampoo. Avoid the use of a "blow dryer" on the surgical site.

WOUND INSTRUCTIONS (follow only those items checked)

- 1 Cleanse the wound 3-4 times daily using a Q-tip moistened with hydrogen peroxide (fresh bottle) 3-4 times daily. When finished, apply a thin layer of bacitracin, Neosporin or Polysporin. The purpose of these applications is to prevent crusting. If 3-4 applications daily do not prevent crusting, please increase the frequency. NB - Peroxide loses its potency after approximately 6 months.
- 2 Cover the wound utilizing a sterile dressing moistened with a normal saline solution. Saline solution can be purchased or made at home by taking 1 level tablespoon of table salt and adding to 1 quart of water. Bring this solution to a boil and apply cool. Make fresh every day
- 3 Apply ice for _____ (15 minutes on, 15 minutes off)
- 4 Refrain from eating Citrus, Spices, tomato based products (Ketchup, etc), or "hard foods" for _____ days

Please call the office for a follow-up appointment on: _____. Prior to coming to the office, you may find all necessary forms at our web site located at: www.associatedplasticsurgeons.com.

Follow the links to forms and print the appropriate forms

ADDITIONAL INSTRUCTIONS:
