

Open Wound Care / Secondary Intent

- No strenuous activity for 24-48 hours
- On the day of surgery, alternate Tylenol and Ibuprofen every 2 hours beginning 1 hour after surgery for pain relief
- **It is normal to have swelling and bruising around the surgical site. The bruising will fade in 10-14 days. The swelling will fade in 5-7 days. Elevate the area for several days to reduce swelling.**
- No dietary restrictions
- Do not drink alcoholic beverages for 48 hours
- Keep the pressure bandage in place for 48 hours. If the bandage becomes blood tinged or loose, reinforce it with gauze and tape. Do NOT remove the bandage. (Refer to the reverse side of this page for management of bleeding).
- Remove bandage in 48 hours and begin wound care as follow:
 1. Clean the area with tap water using a Q tip or gauze pads, (shower/bathe normally)
 2. Dry wound with Q tip or gauze pad
 3. Apply Vaseline with Q tip (Do **NOT** use Neosporin Ointment)
 4. Cover the wound with a band-aid or non-stick gauze pad and paper tape
 5. Repeat wound care once a day until wound is completely healed

It is an old wives tale that a wound heals better when it is exposed to air and allowed to dry out. The wound will heal faster with a better cosmetic result if it is kept moist with ointment and covered with a bandage.

Do not let the wound dry out.

Supplies needed: Q tip or gauze pads, Vaseline, Band-aids, non stick gauze pads and paper tap.

Wound Healing:

1. One week after surgery a pink/ red halo will form around the outside of the wound. This is new skin.
2. The center of the wound will appear yellowish white and produce some drainage.
3. The pink halo will slowly migrate in toward the center of the wound until the wound is covered with a new shiny pink skin.
4. There will be no more drainage when the wound is completely healed.
5. It takes six months to one year for the redness to fade.
6. The scar may be itchy, tight and sensitive to extreme temperatures for a year after surgery. Applying vaseline and massaging can help.
7. Massaging the area several times a day for several minutes after the wound is completely healed will help the scar soften and normalize faster. Begin massage only after healing is complete.

If you have any questions after hours, please call: (904) 274-1933

POSSIBLE COMPLICATIONS

BLEEDING:

1. Leave the bandage in place. Do NOT remove the bandage.
2. Use tightly rolled up gauze or a cloth to **apply direct pressure over the bandage for 30 minutes**. NO looking – just hold pressure for 30 min.
3. Reapply pressure for an additional 15 minutes if necessary.
4. Call the office or go to the nearest emergency room if pressure fails to stop the bleeding.
5. Use additional gauze and tape to maintain pressure once the bleeding has stopped.

PAIN:

1. Post operative pain should slowly get better, never worse.
2. Alternate Tylenol 500mg and Ibuprofen 400mg every 2 hours beginning 1 hour after surgery for pain relief. Do NOT take more than the recommended dose on the medication label. Do NOT take more than 3,000mg of acetaminophen (Tylenol) and 1,200mg of ibuprofen. Only take these medications if allowed.
3. A severe increase in pain may indicate a problem. Call the office if this occurs.