

Postoperative Instructions

Care of the surgical site is very important to achieve the best results and to prevent postoperative complications. You have been advised regarding proper care of the surgery site. It is very important that you follow these instructions properly. If you do not adhere to proper wound care, you increase your chances of developing bleeding, infection & unsatisfactory results.

You should avoid aspirin and aspirin related products for at least a week after surgery. Aspirin and any other blood thinners can cause bleeding in the wound and increase your chances of developing infection and poor wound healing. Check with your doctor regarding the necessity of taking prescription and other over the counter medications in view of possible problems.

Slight discomfort, pain, swelling and redness is to be expected soon after surgery. Pressure dressing, elevation of the affected area and pain medications as prescribed by your doctor usually are adequate in relieving the discomfort. Persistent pain, Swelling, Redness, Fever, Chills and Itching require evaluation by your physician. Infections can happen in all surgical wound and require immediate professional attention. Please call this office as soon as possible. In case of any unusual problem, please contact the nearest Hospital Emergency Center for immediate care.

Keeping the surgery site dry is important to prevent infection. It is very important to protect the area during washing and bathing. A pressure dressing would control slight seeping/oozing from the wound. Any bleeding or discharge requires medical attention and needs to be reported.

WOUNDS WITH STITCHES should be kept covered with sterile dressing till your follow up visit. The wound should be kept dry, cleaned with Rubbing Alcohol (70-95% Isopropyl Alcohol) and sterile Vaseline may be applied to the edges of the wound. Antibiotic ointment (Bactroban, Polysporin, Neosporin) can also be used applied to prevent infection if needed. Dressing changed at least twice daily. Allergy to topical antibiotic ointments is fairly common. It can cause itching, redness, seeping, oozing and swelling. can cause swelling and delay the healing.

WOUNDS NOT REQUIRING STITCHES heal quicker if kept covered at least initially. Slight drainage and seeping is normal for a few days. Sometimes you may notice bleeding after returning home. Firm pressure over the wound for 5-20 minutes would normally stop the bleeding. In case of excessive bleeding, either return to the office or go to the nearest Hospital Emergency Room. Porous non-occlusive dressing prevent maceration of surgical wound. If there is no drainage or discomfort, you can keep the same dressing on as long it stays. Try to keep the area dry as much as possible. Exposure to water during bathing increases your chances of infection. A sterile water-proof dressings may be used to protect the area if there is a possibility of contamination or excessive irritation.

CRYOSURGERY (Freezing) treated areas would normally be painful for at least 1-2 hours. Ice packs would be helpful in relieving this pain. Swelling, redness and blistering is to be expected over the next few days. Tense painful blisters can be drained with a sterile needle. Keep the area dry, leave it open to air, and apply rubbing alcohol twice daily or more often if possible.

SUPPLIES

Numbing Cream to be applied as per specific instructions before scheduled surgery time.
Prophylactic antibiotics if indicated to be taken before and after surgery.
Normal saline - sterile water for cleaning wound as advised.
Rubbing alcohol (70-95% Isopropyl Alcohol).
Antibiotic Ointment (Bactroban (Mupirocin), Polysporin, Neosporin or Triple antibiotic)
Water Proof Dressings to cover the wound during bathing.
Porous Breathable dressings for moist wounds.
Sterile Gauze, Band-aids, Tapes and Protective Dressings.
Pain Medications (Acetaminophen if no drug allergies or Other Medications as prescribed.)

Please obtain emergency medical care at the nearest hospital in case any problem arises after office hours, and return to office the next working day for follow up evaluation & further instructions.