

Post Op Instruction Closed Wound Care

- For the first 24 48 hours after surgery, do not get the wound wet and keep the dressing as it is.
- After 24 48 hours you may get your wound wet (take a shower). At this point start changing your wound dressing 2 times a day for one week two weeks
- When changing the wound, carefully remove previous dressing.
- Clean wound with a mixture of ½ hydrogen peroxide and ½ saline solution (contact lens solution).
- Apply **Polysporin** then cover the wound with a Band-aid. If there is any oozing, you may also put pressure on top of the wound. Secure dressing with paper tape.
- Take **Tylenol** for any discomfort. Avoid Aspirin (acetylsalicylic acid) or any other product containing Aspirin (i.e. Anacin).
- If any bleeding should occur, apply 20 minutes of constant pressure. If bleeding persists, please call us immediately.
- Avoid any strenuous exercise or activity (bending, lifting heavy objects) that could be harmful to the wound for at least 3 weeks.
- Avoid lying or sleeping on the side where surgery was performed.
- If the Doctor prescribed an antibiotic or pain medication, please take as directed.

If you have any questions or need to reach Dr. Panagotacos, please call us at the office. (805) 379-3376