



GulfStream Surgery Center LLC

CARE OF SURGICAL SITE AND INSTRUCTIONS

GENERAL SUTURE CARE INSTRUCTIONS

1. Starting 24 hours after surgery, remove bandage and cleanse surgical site with hydrogen peroxide or soap and water.
2. Apply a thin layer of vaseline, Polysporin, Cicalfate, or Bacitracin ointment to the wound site using a clean cotton swab.
3. Apply a non-stick TELFA dressing to surgical site using paper tape to secure bandage.
4. Shower and shave with the bandage on and remove bandage afterwards.
5. Repeat the dressing: change twice a day once a day until sutures are removed.

Dissolving Suture: change bandage for one week then leave bandage off.

SPECIAL SUTURE CARE INSTRUCTIONS

Leave bandage on for 3 weeks one week. If the TELFA and tape gets wet, replace it. If the steri strips get wet or start to fall off, please call the office for further instructions.

Activity Level:

1. Relax for the next 24 hours.
2. Apply an ice pack to the surgical site - 10 minutes on, 20 minutes off - for the first 24 hours. First wrap the ice pack with a paper towel or washcloth. Please do not wet the bandage.
3. No bending or lifting anything heavier than a quart of milk for 2 weeks after surgery.
4. No gym or any sport activities.
5. No swimming in a pool or ocean.

Call the office for the following signs and symptoms:

- Fever greater than 100.5 degrees.
- Increasing redness, swelling and pain after first 48 hours.
- Persistent oozing of blood from the wound.
- Clear or yellow (purulent) drainage from the wound (with or without odor).

If you have any discomfort following the surgery, Extra Strength TYLENOL or any TYLENOL product may be taken unless you have been given a prescription for other pain medication. DO NOT TAKE ANY non-steroidal anti-inflammatory medications (NSAIDS) for at least 48 hours after the surgical procedure. No alcohol for 72 hours because this increases bleeding.

You have been prescribed pain medication Darvocet N-100, 1 or 2 tablets every 4–6 hours if needed for pain. Vicodin ES, 1 tablet every 4–6 hours if need for pain.

If you are on blood thinners, such as Aspirin, Plavix or Coumadin, you may resume your medication Today Tomorrow Other_____.

You have been prescribed antibiotic:

___ Keflex or Cephalexin ___mg: Take 1 capsule ___ times a day after meals for ___ days.

___ Cipro 500 mg: Take 1 tablet twice daily with meals for ___ days.

___ _____ mg: Take ___ tablet___ times a day for ___ days.

If you should have any problems or questions following surgery, do not hesitate to call the office during the day at **954-510-7505**. If after hours, call 954-752-7552, the answering service will connect you to the physician on call.

Keep head arm leg elevated on two (2) pillows while sleeping/sitting.

Special Instructions:

Make appointment to followup with your dermatologist.

Return appointment in _____ weeks / days.

Home Health ordered – Follow Wound Care Instructions

Date: _____

Patient Signature

RN Signature