

3829 Gaskins Rd., Richmond VA 23233
Mon – Fri : 7:30am – 4:00pm • Sat – Sun : Closed
Office 804-538-1033 • Fax 866.274.0799
mohscenterrd.com

OPEN / SUPERFICIAL WOUND CARE INSTRUCTIONS

- **NO** strenuous activity for 48 hours. Resume light activity in 48 hours.
- On the day of surgery, if allowed by your primary care physician and medical team, take 2 regular strength Tylenol (325 mg) or 1 extra strength Tylenol (500 mg) and alternate with 400-800 mg ibuprofen every 4 hours beginning 1 hour after surgery as need for pain relief.
 - After 24 hours take Tylenol/ ibuprofen as needed for discomfort.
- **DO NOT** drink alcoholic beverages for 48 hours. Alcohol increases your risk for postoperative bleeding.
- **DO NOT ICE THE WOUND**
- No dietary restrictions.
- Continue your normal medications as prescribed by your physician.

Bandage Care

- **Keep** the WHITE pressure bandage (large white bandage) in place for 24-48 Hours.
- **Remove** WHITE pressure bandage in 24-48 hours and begin wound care as follows:
 1. **Clean** area with tap water Dove bar of soap using a Q tip or gauze pad (shower/bathe normally)
 2. **Dry** the wound with Q tip or gauze pad
 3. **Apply Vaseline** with a Q tip *Do NOT use Neosporin Ointment, you can become allergic and get a rash*
 4. **Cover the wound** with a band-aid or nonstick gauze pad (Telfa pad) and paper tape.
 5. Repeat wound care once a day until wound is completely healed for approximately 1-2 months.

Possible Complications/When to Call

Bleeding- if there is visible **BRIGHT RED** blood soaking and/or dripping from the **WHITE** pressure bandage:

1. **Leave** the bandage in place.
2. **Apply** direct pressure over the bandage for 40 minutes.
3. **Call** the office, Dr. Wallace's cellphone, or go to the nearest emergency room if pressure fails to stop the bleeding.
4. **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. A severe increase in pain may indicate a problem. Call the office if this occurs.
3. Tylenol or Ibuprofen should be taken according to the manufacturer's directions days after surgery, as needed for discomfort, provided you are allowed to take these medications in guidance with your primary care physician and medical care team.

Signs/symptoms of infection:

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| • Redness | • Swelling |
| • Warmth to the touch | • Fever |
| • Red streaking around surgical site | • Chills |
| • Increased pain | • Foul smelling drainage |