

3829 Gaskins Rd., Richmond VA 23233
Mon – Fri : 7:30am – 4:00pm • Sat – Sun : Closed
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STAPLED WOUND CARE INSTRUCTIONS

- NO strenuous activity for 48 hours. Resume moderate activity in 48 hours. No heavy exercising until you are seen for follow up in one week.
- On 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) (maximum 3000mg daily) and alternate with 200-400 mg ibuprofen (maximum 1200mg daily) every 4 hours beginning 1 hour after surgery as need for pain relief.
- Do not drink alcoholic beverages for 48 hours. Alcohol increases your risk for post-operative bleeding.
- No dietary restrictions.
- Continue your normal medications.
- **DO NOT ICE THE WOUND**
- It is normal to have swelling and bruising around the surgical site. Bruising will fade in approximately 10-14 days. The swelling will resolve in 5-7 days. Elevate the area, if possible, to reduce swelling.

Bandage Care

- Remove bandage in 24 hours and begin wound care as follows:
 1. Rinse the stapled are with tap water. (shower / bathe / shampoo normally)
 2. Dry wound with Q tip or gauze pad
 3. Apply Vaseline to the staples. *Do **NOT** use Neosporin Ointment*
 4. Cover the wound with a band aid or nonstick gauze pad and paper tape.
 5. Repeat wound care once a day until staples are removed

Possible Complication/When to Call

Bleeding:

1. Use tightly rolled up gauze or cloth to apply direct pressure over the bandage for 20 minutes.
2. Reapply pressure for an additional 20 minutes if necessary
3. Call the office/MD 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.
5. Begin wound care 24 hours after surgery as directed.

Pain:

1. Post operative pain should slowly get better, beginning the evening after surgery.
2. A sudden or 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.