



POST SURGERY INSTRUCTIONS

- Keep initial dressing dry and in place for 24-48 hours.
- If initial dressing becomes saturated or soiled, replace with clean dressing.
- After removing the initial dressing, begin vinegar soaks. See instructions on the back.
- Pat dry after soak and apply topical antibiotic (Anasept Gel, triple antibiotic ointment) or vaseline. Then replace dressing.
- Please avoid submerging the wound in water for the first seven days. Showers after 24 hours are fine.

WHAT YOU CAN EXPECT

- Pain – Minor tenderness is not uncommon.
- Drainage – Some drainage can be expected, especially the first 24 hours after surgery.
- Bleeding – A small amount of oozing is normal for the first 24 hours.
- Bruising – This is very common, especially if surgery is in the eye area and should improve within a week.

PLEASE DO NOT

- Unless specifically prescribed by another physician, we ask that you avoid taking any Aspirin or Ibuprofen (Advil, Motrin) 48 hours following surgery as these medications can increase the risk of excessive bleeding. Extra Strength Tylenol for pain is acceptable.
- No alcohol 24 hours following surgery as this may thin your blood and can also contribute to bleeding.

WHEN TO MESSAGE US ON KLARA OR CALL THE OFFICE

- Pain that worsens or does not go away
- Redness that extends to ¼ inch or greater around edges of wound or any red streaking
- Any excessive drainage especially if it has an odor or is green or yellow in color
- Bruising that is expanding or if the suture site develops a “goose egg” under the skin
- If dressing becomes saturated with blood and you have to change more than two times
- If there is bleeding that does not stop within 15 minutes after applying firm pressure to wound. You must hold pressure WITHOUT releasing pressure for 20 minutes.



IF YOU HAVE AN URGENT ISSUE AFTER HOURS

Call the office at 205.877.9773 and choose the option to leave “after hours” message. Within two hours, you should expect to receive a call back from a staff member. If you have a medical emergency, call 911 or go to the nearest Emergency Department.

VINEGAR SOAKS

- Mix 1 tablespoon white vinegar with 1 pint warm water.
- With soft cloth or gauze, soak surgery site with vinegar solution for 15 minutes.
- After each soak, apply Vaseline or topical antibiotic.
- Repeat at least once daily until sutures removed or wound healed.

WOUND CARE PRODUCTS

Anasept Skin and Wound Gel - \$35

- FDA-approved, clear hydrogel that keeps a moist wound environment conducive to healing
- Improves the rate of healing and inhibits the growth of bacteria without stinging or burning
- Available in our skincare boutique on the main level of our Mountain Brook office
- Apply a generous amount to entire wound bed. Cover with appropriate wound dressing (avoid silver and other wound dressing containing heavy metals).

SCAR MANAGEMENT

We recommend a topical scar product to minimize scarring. We offer two products in our skincare boutique on the main level of the Mountain Brook Office.

SkinMedica Scar Recovery Gel - \$44

- Clinically tested to provide overall improvements in the appearance of red or pink scars.
- Soothing, lightweight gel
- Begin using Scar Recovery Gel as soon as the wound has healed or the sutures have been removed. The use of the gel should continue until the scar matures and appears flat and white without redness.

bioCorneum - \$45

- Patented blend of silicone gel and SPF 30
- Dries quickly and water resistant
- Once dry, bioCorneum can be covered with pressure garments, clothing or cosmetics

SUTURE REMOVAL

- None. Sutures will dissolve on their own
- _____ days
- _____ weeks