

Home Care for Minor Surgery Patients

1. Leave the bandage on for 48 hours after surgery.
2. If desired, an ice pack may be applied over the bandage on the evening of surgery for 10-20 minutes every hour to reduce swelling.
3. With clean hands, gently cleanse with soap and water before the new dressing is applied.
4. Keep the wound moist with Vaseline or Aquaphor and cover with a new bandage daily until suture removal.

If Bleeding Occurs:

Apply direct firm pressure for 15 minutes. NO PEEKING or releasing the pressure for the entire duration. If this does not stop the bleeding, apply an ice bag (over a cloth, never in direct contact with the skin) for 15 minutes, then repeat the direct firm pressure over the wound for 15 minutes. If bleeding continues, call the clinic. If it is after hours, proceed to the ER.

What to expect:

A small rim of redness around the wound is normal. Minor itching may occur. Some pink or clear yellow drainage is normal.

Mild discomfort is normal. Most patients do not require medication for pain. Tylenol is a good first medication for pain, if needed. Follow the dosing recommendations on the bottle. Please do not take Tylenol if you have liver disease or other reasons decided by your doctor. Ibuprofen and aspirin can help with pain, but they increase the risk of bleeding.

When to call the clinic:

- Anytime you have questions or concerns.
- If you experience signs of infection such as extending redness, increasing pain, drainage that turns milky yellow or green or fever occurs at the surgical site.