



John V. Tedesco, D.O., FACOS, FAACS

11911 S. Oxford Ave, Suite 200

918-600-0026

Immediate Postoperative Instructions

1. Keep the initial pressure dressing dry and in place for 24 hours. Do your first dressing change ideally DURING REGULAR OFFICE HOURS, just in case you have any questions or concerns or need to come into the office. It is easiest to do the first dressing change and wash in the shower so you can wash the wound well and make the dressing easier to remove.
2. For **head and neck** surgeries:
 - a. Wash the wound with any mild LIQUID facial-friendly soaps such as Cetaphil, Cerave, or Johnson's Baby Shampoo. Rinse and wash the wound with abundant amounts of water.
3. For **trunk and extremity** surgeries:
 - a. Wash the wound with over-the-counter Hibiclens wash. Rinse and wash the wound with abundant amounts of water. Please note that Hibiclens should NOT be used on the face.
4. After washing the wound thoroughly, pat the site dry, then apply the ointment that was recommended by Dr. Tedesco (Aquaphor, Bacitracin, or the prescription ointment).
5. Cover the surgical site with minimally adhesive dressings
 - a. It is very important to note that all patients will eventually develop an adhesive irritation after 48 hours (especially on the chest and back). Therefore, try to cover the site with as minimal adhesive as possible to avoid this.
6. Repeat wound care, cleaning and dressings in the morning when you wake up and at night before you go to bed until your next follow-up appointment.
7. Apply cold packs around the surgical dressing area immediately postoperatively and for the next 2-3 days (20 minutes on and 20 minutes off) multiple times per day. The more, the better.
8. **DO NOT** use hydrogen peroxide, rubbing alcohol, or bar soap to clean the wound. Liquid soap is best.
9. Postoperative bleeding and swelling is normal. However, if the bleeding completely saturates the dressing, you may need to remove the dressing, hold **focal** pressure, and continuous pressure exactly where you see any bleeding coming from for at least 30 minutes. Call Dr. Tedesco's office number for more instructions if the bleeding is not improving and is concerning.
10. If the wound becomes red, warm, painful or begins to drain or if you develop a fever of 100 degrees or more please call the office.
11. In general, avoid heavy exercise and try to keep the surgical site elevated to help reduce swelling for the first week or two. If you are doing an activity that makes the surgical site throb or hurt, that is likely your body's way of telling you that you may be overdoing it.
12. By far, in the vast majority of cases, most people experience mild discomfort ONLY the first night, or at most, for 24-48 hours. In almost every case, the discomfort will feel significantly better after removing the initial pressure dressing. Then, remember to continue the cold packs directly on and around the surgical site. The cold packs significantly help with any discomfort since most of the postoperative discomfort is swelling and bruising-related.
 - a. For discomfort, you can take over-the-counter acetaminophen (Tylenol) and/or ibuprofen (Advil) as per the instructions on the product's packaging.
 - i. **Remember to always check for medication interactions and contraindications with your primary care physician before taking acetaminophen or ibuprofen.**
13. If you were prescribed any topical and/or oral antibiotics please do not go directly to the pharmacy after your surgery since the medical note must be completed in your chart first before the medications can be sent. Use the medication as they were prescribed and always check for medication interaction with your current medication and/or allergies before taking your medication.

Please call 918-600-0026 with any questions.

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