

## WOUND CARE

[ ] Your incision should be kept clean and dry. If there is a gauze dressing this can be removed in 48 hours. If you have a clear plastic dressing, leave this in place until your doctors appointment. It is not unusual to notice a small amount of blood collecting under the dressing, if the bleeding is increasing and not being contained by the dressing then call. You may shower in 48 hours. You should avoid taking a bath until after the first post-op visit.

[ ] Your wound may be left open to heal in a delayed fashion. This usually takes one to two weeks or longer depending on the size and depth of the incision. It is okay to remove the dressings and shower over the wound, but baths should be avoided. The wound should then be packed with a gauze moistened in saline, opened up and then gently layered into the wound. The idea is to keep the skin edge open until the deeper layers are healed. The bright red or pink tissue that forms is normal and is called granulation tissue. It is generally not overly sensitive, but bleeds easily. This is usually controlled by the dressing or light pressure. The frequency of the change is usually three times a day.

[ ] . Notify the office if you notice any of the following:

Increased pain at the site of the incision

Redness at the incision site

Drainage from the incision - (a clear to pinkish drainage is normal from open incisions)

Fever or loss of appetite

Note: You may notice an increase in discomfort over the first day. this may be related to the wearing off of any local anesthetics used at the time of surgery. It is normal to see some bruising around the site of surgery.