

## POST-OP WOUND CARE

### 1. Supplies:

You will need to purchase the following

- A. Non-Adherent Pads (telfa), Tape **OR** Oversized bandages
- B. Q-Tips, Anti-bacterial soap (Example: unscented Dial), Hydrogen Peroxide
- C. Vaseline **OR** Aquaphor **OR** Polysporin

### 2. Wound Care:

- A. Clean wound daily beginning **24 - 48** hours after the procedure, with a gentle anti-bacterial soap and water.
- B. Clean the wound with Q-Tips soaked in Hydrogen Peroxide **ONCE a week IF dry blood** is present. Do not reuse Q-Tips.
- C. After cleaning, apply a **GENEROUS** amount of any of the following: **Polysporin Ointment, Vaseline or Aquaphor** to surgical sight with a Q-Tip.
- D. Cover your wound with the following dressing:
  - 1. Non-adherent pad cut to the size of the wound.
  - 2. Secure the dressing with tape.  
**OR**
  - 1. Oversized bandage cut to the size of the wound.
- E. Continue wound care until stitches are removed or as the doctor directs.
- F. Moderate swelling and bruising at the surgical site IS TO BE EXPECTED unless signs of infection are present.

### 3. Avoid the following:

- A. Swimming is NOT allowed until sutures are removed.
- B. Heavy lifting and exercise are NOT allowed until the sutures are removed.
- C. Alcohol should be avoided for two days.
- D. Avoid taking any aspirin or aspirin containing products or blood thinners for the next 1-2week(s). **Please check with your prescribing doctor prior to stopping ANY medication.**

### 4. Prescriptions:

- A. You will be given a prescription for an oral antibiotic **IF** you have any artificial hips, knees, or joints, or if you have an increased risk of infection.
- B. Unless the doctor states otherwise, take Tylenol for pain as needed.

### 5. Contact the doctor if the following occurs:

- A. Bleeding which saturates your dressing (SPOTTING EXPECTED). To stop bleeding, hold direct pressure over the dressing for 20 minutes. Do not remove the dressing.
- B. Temperature greater than 100°F or 38°C.
- C. SIGNS OF INFECTION- redness, foul smelling drainage, swelling, pain or area is warm when touched.

DR. PEARSON MAY BE REACHED **AFTER HOURS** AT 832-607-7362. For any questions about dressing changes please call the office and speak to one of the assistants at 713-468-2200 option 2. For emergencies occurring after hours, please go to the ER and contact Dr. Pearson.

**Sutures to be removed in \_\_\_\_\_ days at our office.**