



Wound Care Instructions

Go Home and Take it Easy! Do not do anything that requires you to bend, strain, lift or cause exertion. You will need to refrain from exercise for 7-14 days.

For the first 24-48 hours after surgery:

1. Keep the pressure bandage **dry and clean**. Do not remove the pressure bandage.
2. Apply an **ice pack** with a thin towel wrapped around it, over the pressure bandage for 15-20 minutes every hour - this will help to reduce pain and swelling.

After the first 24-48 hours, remove the dressing. You may bathe normally at this point and allow the wound to get wet.

1. **Wash your hands!**
2. Remove the pressure bandage.
3. Gently cleanse the wound with a mild soap and warm water. Please **do not use harsh cleansers** or disinfectants (rubbing alcohol, etc.). If there is an excessive amount of crusted blood you may use a small amount of hydrogen peroxide on a Q-tip to work off the crust.
4. Apply a thin layer of Vaseline (petroleum jelly), or Aquaphor over your stitches. Please do not use antibiotic ointments unless otherwise specified.
5. Cover the site with a clean non-stick bandage, and secure with paper tape.

SUTURED WOUNDS: Repeat this daily until the top sutures have dissolved or until the sutures or staples are removed. (Typically 7-14 days) Once the top sutures have dissolved, or the wound has healed over, regular skin care and makeup can resume.

OPEN WOUNDS: Continue daily dressings until healed. Please be sure to wash the area each day with soap or shampoo and to keep it covered until healed. This can take 6-12 weeks depending on location.

PAIN: Take 1-2 Tylenol or the prescription pain medication as needed. Do not take any aspirin or aspirin-like products for at least 48 hours (unless you are on thinners for a medical condition such as a heart stent or stroke) as these may cause bleeding. Minimize alcohol intake for 24 hours. Alcohol can increase bruising and may interact with your pain medication.

BLEEDING: Apply pressure to the area for 15-20 minutes. Time it! Repeated “peeking to see if the bleeding has stopped” will only allow the bleeding to continue. If the bandage is saturated it may be replaced. If the bleeding continues, please call the office (678) 888-4460 or if after hours please call Dr. Galloway (678) 660-5080.

SWELLING: Use ice packs-15 minutes at a time, 1-2 times an hour. A bag of frozen peas or other vegetable can be used in place of an ice pack. Please make sure a thin towel is wrapped around the ice pack so as the bandage does not get wet. Swelling at the site may take 3 months for final resolution (the time it takes for any buried sutures to dissolve).

BRUISING: Bruising may take 10-14 days to completely resolve. If you develop a hematoma or severe bruising, it may take longer.

SCARRING: There are NO “magic” creams to reduce scarring or to speed healing. Don’t waste your time or money.

**IN CASE OF EMERGENCY OR UNCONTROLLED BLEEDING
Please call the office (678)888-4460 or Dr. Galloway (678) 660-5080.**