

THE FIRST GLANCE

General Wound Care Instructions

Wound Care:

- 1) Remove dressing 24 - 48 hours after surgery unless otherwise instructed
- 2) Wash area with soap and water or shower; do not soak surgical sites (no pools, hot tubs, lake water, or dish water) for two weeks. *Do not use peroxide or alcohol to clean the wounds.*
- 3) Dry surgical site by gently pat drying with clean towel or allow to air dry
- 4) Apply Polysporin ointment (plain – not triple care) and cover area with bandaid or other clean dressing; allow wound to be uncovered and without ointment for 2-4 hours daily
- 5) Take any antibiotics prescribed at the appropriate time schedule until completed
- 6) Anti-Pain medication can be taken after surgery; local anesthetic usually lasts 4-6 hours
- 7) Elevate the surgical site above the level of the heart if possible to reduce swelling and pain
- 8) Resume any prescribed medications unless otherwise stated
- 9) Continue steps 2-4 until stitches are removed (generally 3-5 days for facial stitches, 14 days for feet; and 10-14 days for all other areas)
- 10) Bruising or swelling can occur and is normal; it is ok to use ice wrapped in a towel to reduce swelling
- 11) Bleeding or oozing of blood from the surgical site may occur following surgery – if it occurs hold constant firm pressure for 10 minutes with a clean towel. If bleeding persists see emergency care below.
- 12) One week after stitches are removed begin to massage scar with hand or body lotion (Vaseline creamy) or BioOil (do not use vitamin E)
- 13) One week after stitches are removed, if surgical site is exposed to the sun, apply sunscreen SPF 45 or higher for at least one year to prevent scar from tanning

Follow-Up Care:

Post-op appt at The First Glance: _____

Emergency/After hour care

If there is a concern about your surgery or your healing, please call The First Glance Clinic at **204-885-1419**.

If the clinic is closed (evenings or weekends) or in case of an emergency, please call Dr. Brichacek 204-898-9933

If after 3 attempts you cannot reach Dr Brichacek, please call the plastic surgery resident by calling St Boniface Hospital Operator at 204-237-2053

Take time to rest and recover from your surgery, have a healthy diet and get some sleep. It is important that you follow these recommendations carefully so we can attain your surgical goals.