



### Preoperative and Postoperative Instructions

Please go over the Pre-Surgery Checklist and coordinate your care with your family physician.  
Ask your family doctor to prescribe prophylactic antibiotics & pain medications if necessary.  
Because of potential drug interactions, your family physician should be involved in your pain management.  
Prophylactic Antibiotics, if indicated, should be started prior to the surgery.  
Discontinue aspirin and aspirin related products before and after surgery only if approved by family doctor. Aspirin and any other blood thinners can cause bleeding in the wound and increase your chances of developing infection and poor wound healing.

Proper care of surgical site is very important to achieve the best results and to prevent postoperative complications.  
Proper care of the surgery site is very important to prevent complications. Keeping the surgery site dry is important to prevent infection. It is very important to protect the area during washing and bathing. A pressure dressing would control slight seeping/oozing from the wound. Any bleeding or discharge requires medical attention & needs to be reported. It is very important that you follow the written instructions properly. If you do not adhere to proper wound care, you increase your chances of developing bleeding, infection, poor healing and unsatisfactory results.

Slight discomfort, pain, swelling and redness are to be expected soon after surgery. Pressure dressing, elevation of the affected area and pain medications as prescribed by your doctor usually are adequate in relieving the discomfort. Persistent pain, Swelling, Redness, Fever, Chills and Itching require an examination by the physician. Obtain emergency care right away.

**WOUNDS WITH STITCHES** should be kept covered with sterile gauze (non-occlusive) dressing till your follow up visit. The wound should be kept dry, cleaned with Rubbing Alcohol (70-95% Isopropyl Alcohol), antibiotic ointment (Polysporin, Neosporin or Triple antibiotic) applied and dressing changed at-least twice daily. Plain Vaseline can be used if you are allergic to topical antibiotic ointments. A water proof dressing would prevent water getting into the incision during bathing.

**WOUNDS NOT REQUIRING STITCHES** are less painful if kept covered for 2-3 days.  
Prolonged use of occlusive Band-Aid may cause maceration of wound and secondary infection.  
Slight drainage and exudation is normal for several days. Keep the area dry to avoid infection.  
In case of bleeding after returning home, apply firm pressure over the wound for 15-20 minutes to stop the bleeding.  
In case of excessive bleeding, go to the nearest Hospital Emergency Room and schedule an earlier follow up visit.  
The wound should be kept dry and cleaned with Rubbing Alcohol (70-95% Isopropyl Alcohol).  
Routine use of antibiotic ointment Polysporin, Neosporin or Triple antibiotic in general is not necessary,  
Antibiotic ointments at times are known to cause an allergic reaction – itching, redness and swelling and slow healing.

#### SUPPLIES

Obtain prescriptions from your family physician for prophylactic antibiotics and pain medications if necessary.  
Ask your family physician regarding your specific medical problems and special needs  
Lidocaine Patch or Cream may be applied under occlusion two hour before scheduled surgery time.  
Sterile Gauze Band-Aids Tapes Cold Packs Neosporin Triple antibiotic or Bactroban Cream  
Normal saline - sterile water for cleaning wound. Rubbing alcohol (70-95% Isopropyl Alcohol)  
Water Proof Dressings or Saran Wrap and Tape to cover the wound during bathing.  
Porous Breathable dressings for covering moist wounds if necessary. Reduce excessive maceration.  
**Normal Wounds:** OpSite, Tegaderm (Semipermeable Polyvinyl)  
**Dry Wounds:** Duoderm, IntraSite (Impermeable Hydrocolloid)  
**Exudative Wounds:** Kaltostat, Curasorb (Calcium Alginate) Aquacel, Aquacel-AG (Hydrofiber) Highly absorptive.  
**Postop Lumpy Scars:** Imiquimod (Aldara), Topical & Injectable Cortisone for prevention of lumpy scars called Keloids.

#### SIDE EFFECTS

Occasional person may faint from anxiety (nerves), injections, sight of blood and wound.  
You may be somewhat nervous and shaky after the surgery. Have somebody accompany you.  
All oral, topical medications and surgical procedures can cause bad reactions.  
Please keep your Follow Up Appointments - usually considered unnecessary by most patients.  
Please go to the nearest hospital emergency room in case of any unusual reaction.

I have received, read, understand & agree to follow your instructions. I authorize clinical evaluation and treatment as indicated.

Please circle Adult-Patient Mother Father Guardian & Sign .....Date.....

Do you have any questions, comments or suggestions? No Yes Please list: