



**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. Take it as prescribed before surgery. Discontinue aspirin and aspirin related products before and after surgery only if approved by family doctor. Aspirin, herbal remedies and 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. The surgical site should be protected from all types of injuries and contamination. Keeping the surgery site dry is important to prevent infection. Use a water-proof dressing to protect the area during washing and bathing. A pressure dressing will control seeping/oozing from the wound. Do not strain or stretch the surgery area. Try to keep it above the heart level to reduce swelling. Avoid unnecessary physical activities. Report all bleeding or discharge from the wound. 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 bad 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 at all times till your follow up visit. The wound should be kept dry, cleaned with Rubbing Alcohol (70-95% Isopropyl Alcohol) and dressing changed atleast twice daily. Topical antibiotic Mupirocin, Neosporin, Triple antibiotic or sterile Vaseline can be applied to the wound edges to prevent dryness. Use water proof dressing to prevent non-sterile water getting into the wound during bathing. Keep area covered with sterile dressing.

**WOUNDS NOT REQUIRING STITCHES** are less painful if kept covered for atleast 2-3 days. Prolonged use of occlusive dressing may cause maceration of wound and secondary infection. Use porous non-occlusive dressing. 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) **Wet 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. Do not drive. All oral, topical medications and surgical procedures can cause bad reactions. Please keep your Follow Up Appointments – Postoperative care is crucial in getting the best results. 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.....

Witness Name .....Sign .....Date.....

Reviewed by Procedure Assistant & Chaperone: Dr. Marriyam

Approved by: Dr. Khan