



Instructions for: _____
(Patients Name)

Date: _____

POST OPERATIVE CARE

1. Starting 24 hours after surgery, cleanse the surgical site with Hydrogen Peroxide twice daily (morning and night). Cleansing with Hydrogen Peroxide will keep a scab or crust from forming and creating a depressed scar.
2. Apply a thin amount of Aquaphor Ointment or plain vaseline after cleansing. Continue steps 1 and 2 for one week. You may use a band aid for up to two weeks, but allow exposure to air in the second week to enhance healing.
3. If you have pain, use non-aspirin medications such as Tylenol.
4. If bleeding occurs, apply direct pressure to the surgery site for 20 minutes. If bleeding has not stopped after that time, call our emergency number at (585) 232-8940 for the Rochester Office and (585) 394-0700 for the Canandaigua Office.
5. It is normal to see slight yellow/white drainage from the wound and a small rim of redness around the wound. If there is expanding redness, swelling or pain, or green thick drainage then you should call us at (585) 232-8940 for the Rochester office or (585) 394-0700 for the Canandaigua office. After hours, the message will provide information on how to contact our answering service.
6. If you have sutures, you are advised to avoid lifting, pushing, pulling or straining maneuvers. This can trigger bleeding. Do not carry heavy weights or indulge in active sports for 48 hours after the procedure to avoid wound injury.
7. Please make an appointment with the secretary if you have sutures. They must be removed in _____ days.

Updated: 8/30/17