



Postoperative Instructions for Surgery or Excision

Sutures: Remove pressure bandage after **48 hours** (_____). Clean the sutures once daily with water and apply a thick layer of Vaseline. **Keep area covered at all times with a non-stick pad or bandage.** You may get the sutures wet in the shower after 48 hours. Do not soak or submerge the stitches in water (pool, jacuzzi, bathtub).

- If you have dissolvable sutures, you will need to bandage the area until the sutures have completely disappeared (around 7-10 days). Once dissolved, you may stop all wound care.
- If a Coban wrap (brown bandage) is applied, keep in place for at least 24 hours. If desired, may stay on for 48 hours.

Unna boot: Leave Unna boot on until next appointment. Do not get it wet. Keep extremity elevated when resting. It is normal to see a small amount of drainage on boot. Call office if you notice excessive drainage on boot or if the bandage gets wet.

There are several concerns that may arise following surgery:

Bleeding: A small amount of bleeding or oozing in the first 24-48 hours following surgery is common.

To minimize the chance for excessive bleeding:

- Limit activity for at least ____ days/weeks.
- Avoid lifting more than 10 pounds and bending over until sutures are removed.
- If surgery was on the arm or leg, keep extremity elevated as much as possible and limit weight bearing.
- **If bleeding occurs:**
 - **Step 1:** apply firm constant pressure over the existing bandage for 20 minutes
 - **Step 2:** if bleeding continues remove existing bandage and apply direct firm pressure using gauze or a cloth directly over the sutures for an additional 20 minutes

If you are unable to stop the bleeding after steps 1 and 2, please contact us 317-516-5000. **If it is after business hours, please follow the prompts to page your surgeon.**

Swelling: Swelling is a normal response to wound healing. It is usually at its worst 48-72 hours following surgery. **Ice wound for 20 mins at a time, several times a day for 2-3 days.** If the area treated was near the eye or lip, it is not uncommon to experience bruising or swelling.

Pain: Discomfort experienced following surgery generally consists of an aching sensation as the local anesthesia wears off. In nearly all cases, **Extra Strength Tylenol or Ibuprofen (Advil, Aleve)** will relieve this discomfort. Avoid taking additional **Aspirin** for pain, but you may continue your daily dose of Aspirin as prescribed by your doctor.

Infection: Wound infections are uncommon. Signs of infection include increasing pain, swelling, redness or yellowish drainage (pus) from the surgical site approximately 3-5 days following surgery.

Medication: _____ Take medication(s) **with food despite what the bottle might say to avoid stomach upset.**

If you have a concern related to any of the above instructions or other questions, please contact us at **(317) 516-5000**

Do you desire a nurse to accompany you to your car? (Please circle one)

YES

NO

I have received, reviewed and understand these instructions: _____

(Patient or Authorized Representative Signature)