

# Post-Operative Instructions

Bradley T. J. Straka, MD  
Kristina A. Kleven, MD

2607 N Grandview Blvd, Ste 125  
Waukesha, WI 53188

- Keep initial dressing in place and dry for 24 hours.
- After 24 hours carefully remove the dressing and follow wound care instructions following once to twice daily until sutures are removed (if a sutured wound), or until healed for unsutured wounds.
- Wash the wound with a mild cleanser and tap water (e.g. Cetaphil, Purpose, Dove)
- Carefully dry with a clean gauze and apply a thick layer of Vaseline (petrolatum). *Keeping wounds moist with ointment has shown to improve the appearance of the wound and speed healing.*
- Cover the wound with a band aid/dressing until sutures are removed or healed if unsutured. You may use gauze and paper tape. You may leave the wound uncovered at night after the third day.

## What to avoid:

- No strenuous activities that places stress upon the wound, such as heavy lifting or bending/stretching.
- No swimming, hot tubs or tub baths (showering recommended)
- Keep the wound dry for the first 24 hours. After the initial dressing has been removed you may shower. Avoid the shower jet spraying directly against the wound.
- Avoid shaving over the wound while the sutures are in place, shave around the site.
- Stop or minimize smoking as it has been shown to interfere wound healing and affect the cosmetic outcome
- Avoid direct sun exposure to the surgical site for a month, or more, if instructed by your doctor.

## Swelling:

- If the surgery was on the face or scalp, sleep on an extra pillow for 1-2 days to minimize swelling, which will be the most notable in the morning.
- If instructed apply ice (frozen vegetables in a zip-lock bag works well) to the wound site every 2 hours for 15 minutes on the day of surgery
- Bruising may extend a distance from the surgery site if on their face or neck, time will resolve. No extra care is necessary unless a "lump" or active bleeding occurs.

## Pain:

- Acetaminophen (Tylenol) is recommended if needed, per the instructions on the bottle
- Avoid Aspirin, Ibuprofen, Naprosen or other-like medicines as they may increase your risk for bleeding. *If you take a blood thinner per the recommendation of a physician, these should **NOT** be discontinued.*

## Bleeding:

- If you are bleeding through the dressing, carefully remove and apply continuous, firm pressure directly to the wound for 15 minutes without peaking.
- If bleeding persists, repeat for an additional 15 minutes.

## When to contact us and/or seek urgent medical attention:

- Redness that extends beyond a wound edges (some redness is normal), pus drainage, severe swelling and/or significant pain.
- Fever or chills
- Bleeding that persists after the above measures are taken

**Return in \_\_\_\_\_ days for suture removal (if sutures were placed)**

*REMEMBER THAT AFTER SUTURES ARE REMOVED THE WOUND IS STILL HEALING, SO BE GENTLE!*

BUSINESS HOURS: Call 262-290-4540

AFTER HOURS: Call or Text 414-455-0919

Seek immediate medical attention for medical emergencies