

### After Surgery Instructions

1. Keep initial dressing dry and in place for 24-48 hours.
2. If initial dressing becomes saturated or soiled replace with clean dressing.
3. After removing the initial dressing (if no steri-strips applied), begin vinegar soaks. See instructions below.
4. Keep surgery/biopsy site protected with antibiotic ointment or vaseline. Do this 1-3 times a day. Replace dressing daily.
5. **If steri-strips were applied to your wound** under the bandage, please avoid getting the wound wet until the strips fall off, which may take 5-7 days. After they fall off, then begin vinegar soaks

### What you can expect

1. Pain – Minor tenderness is not uncommon.
2. Drainage – Some drainage can be expected, especially the first 24 hrs after surgery.
3. Bleeding – A small amount of oozing is normal for the 1st 24 hrs.
4. Bruising – This is very common, especially if the surgery is in the eye area and should improve within a week.

### Please don't

1. Unless specifically prescribed by another physician, we ask that you avoid taking any aspirin or Ibuprofen (Advil) 48 hrs following surgery as these medications can increase the risk of excessive bleeding. Extra strength Tylenol for pain is acceptable.
2. No alcohol 24 hours following surgery as this may thin your blood and can also contribute to bleeding.

**When to call the office (205-877-9773)** If after hours call the office number and listen for instructions to leave a message for Dr. Sobera. She will return your call as soon as possible.

1. Pain that worsens or does not go away
2. Redness that extends to ¼ inch or greater around edges of wound.
3. Any red streaking.
4. Any excessive drainage especially if it has an odor or is green or yellow in color.
5. Bruising that is expanding or if the suture site develops a “goose egg” under the skin.
6. If dressing becomes saturated with blood and you have to change more than 2 times.
7. If there is bleeding that does not stop within 15 mins after applying firm pressure to wound.

#### **Vinegar soaks**

1. Mix 1 tablespoon white vinegar with 1 pint warm water
2. With soft cloth or gauze, soak surgery site with vinegar solution for 15 mins
3. After each soak apply Vaseline or antibiotic ointment.
4. Repeat at least once daily until sutures removed or wound healed.