



General Wound Care Instructions

1. If instructed to do so, ice the surgery site for 10 minutes every hour (if not sleeping) for the first 48 hours after your procedure. Use cold compresses or frozen peas. Wrap in a clean, damp paper towel so the ice pack does not touch the skin directly. This will help minimize swelling and bruising.
2. **Always** wash hands prior to applying any medications or touching the incision area. Clean the incision(s) twice a day with peroxide using Q-tip or cotton ball. Use the peroxide to remove and crusts or dried blood which may be present.
3. 24 hours after your procedure, it is ok to shower/bathe. Do not let the shower spray hit the incision directly. Allow soap and water to run over the incision, and use your fingertips to gently wash away and crusts which may be present.
4. After cleansing the wound, apply Scar Recovery Gel (or antibiotic ointment) lightly on incision after cleaning using your clean fingertips or a Q-tip. "Less is best." You do not need a thick layer of the gel or ointment.
5. Be sure to notify the office if you see any signs of infection including redness, swelling, heat, fever and increasing tenderness.
6. Make sure to attend your scheduled post-op check and call with any questions.