

WOUND CARE INSTRUCTIONS

- Leave the bandage on for 24 hrs or as instructed by your provider
- Clean wound with gentle soap and water and pat dry
- Apply Vaseline or prescribed ointment
- Apply new bandage. The **first layer** of bandage that touches the wound **must be a non-adherent** pad. **Do not apply gauze directly to the wound** since it may stick and when removed could pull on sutures or cause bleeding. The first few days after surgery the wound will weep and you may want to place gauze over the non-adherent pad to help absorb the drainage. Draining will last longer on open wounds.
- Repeat 1-2 times per day. For sutured wounds you will continue this care for 2 weeks. For open wounds you will continue this care until healed.

Activity and Restrictions to avoid bleeding or other complications for the next 24-72 hours:

- No strenuous activity that increases the heart rate
- Avoid heavy lifting, bending at the waist or any movement that puts tension on the incision

Postoperative pain

- Use over the counter extra strength Tylenol as per instructions on the bottle, unless allergic to Tylenol.
- Avoid Aspirin/Ibuprofen/Naproxen unless your PCP, Cardiologist, or other doctor has instructed otherwise.
- If you were given a prescription pain medicine do not combine with Tylenol.
- Most post-operative pain is manageable with Tylenol, but if the pain becomes unmanageable call our office.

For Bleeding

Bleeding/spotting through dressing is fine. If saturated leave on if possible. Get sterile gauze/clean towel and apply hard-firm, uninterrupted pressure for 20 minutes. Get assistance with this if needed. If bleeding persists, please contact our office at 503-654-7546

Call our office immediately if:

- Bleeding or unmanageable pain as described above.
- Possible infection – signs include increase pain/swelling/redness/fever/chills.
- Questions or concerns with your site or care
- For afterhours - call our office and you will be able to speak to your provider or seek immediate care at Urgent Care or Emergency room

**Our office will contact you in 7-10 days with results if you had a biopsy, please note that someone from our pathology team will reach out to you with your results.*