



## Wound Care Instructions Excision with Waterproof Dressing

Dr. Domingues performed an **Excision with a waterproof dressing**.

**PRESCRIPTION(S)** sent to the pharmacy:

**Yes**

### DRESSING CARE

- Your surgical site has been bandaged with a waterproof dressing
- DO NOT REMOVE THIS DRESSING.**
- Your wound dressing will be removed at your suture/staple removal visit.
- You may shower daily.
- Do not submerge the wound site.
- If directed, wear ace bandage throughout the day, and remove every night. **(DO NOT SLEEP WITH THE ACE BANDAGE ON)**

### THINGS TO AVOID

- Start your oral antibiotics right after your surgery. Dosing will be for 3 or 5 days depending on the surgical site and your other related diseases such as diabetes and smoking. Your prescription will tell you how many days.
  - If your waterproof dressing falls off before your suture removal, call our office and we will reapply a new one. If after hours or on a weekend/holiday, you may wash the area gently with soap and water, apply Aquaphor or Vaseline and rebandage with paper tape and gauze or a large bandage and repeat daily until your suture removal.
- ### THINGS TO AVOID
- Avoid strenuous activities such as exercise, bending, lifting more than 5 lbs, cleaning. Activities can place stress on the wound or raise your blood pressure and result in infection or bleeding complications.
  - Avoid submerging the wound such as taking a bath, swimming or using a jacuzzi until fully healed.
  - Avoid smoking which can delay wound healing.

### DISCOMFORT:

- Keeping the area elevated in the first 48 hours will decrease swelling and discomfort.
- You may ice the area for 10 -15 minutes every hour for the first 24 – 48 hours while awake.
- For pain, take Tylenol (acetaminophen) every 6 hours.
  - Avoid alcohol and ibuprofen or other NSAIDs for 3 days.
  - DO NOT** stop aspirin if you currently take a daily aspirin.

### BLEEDING:

- If light bleeding occurs, apply direct pressure over the wound for 20 minutes with a clean cloth. Do not lift until 20 minutes has passed
- If bleeding continues, repeat this cycle two more times for 20 minutes each time once again without peeking. If bleeding still persists, call us during the day for an appointment to be seen or for a dressing change.

### INFECTION:

- Signs of infection include increasing pain, redness, swelling, drainage, red streaks, or fever. If you develop a fever or red streaking, go to urgent care or the emergency room immediately.
- If you experience any signs of infection, call the office right away during working hours.

### PHONE NUMBERS TO CALL (Please call us with any questions or concerns)

- Weekdays 7AM – 4PM Call the Clinic at (508) 974-3037 and ask for the nurse.