

## **WHAT TO EXPECT AFTER YOUR SURGERY**

### **Activity**

Arrange to decrease your activity for a few days after surgery.

### **Supplies**

Soap and water  
Telfa, gauze, tape or bandaids  
Q-tips  
Vaseline or aquaphor or polysporin

### **Wound Care**

- 48 hours after surgery remove the outer bandage (but not the steristrips) and wash the wound with soap and water
- After cleaning the wound pat dry and apply the Vaseline with a clean Q-tip
- Cover the wound with either the telfa and tape or with a bandaid.
- Do the above daily until instructed to do otherwise by the doctor.

### **Wound Drainage**

It is completely normal to have some swelling and redness around the wound site. This will gradually disappear within a few days to a week. If the drainage becomes cloudy in appearance or foul smelling or if you experience new tenderness to the area, please contact our office as soon as possible.

### **Bleeding**

Bleeding is rare, but if it should occur, lie down and apply firm pressure to the site for 15 minutes. If a bulky dressing has been placed over the wound, this should be removed. The pad next to the wound should remain in place. Then apply direct pressure for 15 minutes, as noted by your watch. Do not discontinue pressure to check if bleeding has stopped until a total of 15 minutes has elapsed. If the bleeding continues, remove the

pad and press directly with a clean gauze pad over the bleeding site for another full 15 minutes. If bleeding still persists, please call our office.

## **Pain**

It is normal to have mild to moderate pain for a day or two following a procedure. If this pain is too uncomfortable, oral pain medication should be taken (Extra Strength Tylenol). Do not take a compound containing aspirin or ibuprofen as they may cause bleeding. If, after the use of a regular pain medication, there is no relief from the pain or if the pain worsens after 3 or 4 days, please inform our office.

## **Contact the Doctor if the following occurs:**

- Excessive bleeding not controlled by pressure described above
- Signs of infection, such as fever, redness with tenderness, foul odor, heat.

## **Follow-Up Appointment and Emergency Contact information**

Your follow up appointment will be made with the surgery nurse. Our office is located at the Baylor Medical Building - Jamail Specialty Care Center, 1977 Butler Boulevard, Suite E6.200, Houston, TX 77030.

To reach us, please call 713-798-6925 or 713-798-6624 during business hours or 713-798-6131 after business hours.