

## Wound Care Instructions for wounds with glue

Please observe the following guidelines to help your surgical wounds heal quickly and with less scarring:

### Cleaning

- Do not remove bandage for the first 72 hours after surgery, and keep the bandage dry. Your bandage will keep your wound clean, dry, and will help prevent bleeding.
- After 72 hours, get in the shower with your bandage on. This will soften the adhesive and make it easier to remove. After your shower, remove the bandage.
- After you remove the bandage, pat the area dry. Re-bandage the area with a non-stick bandage. Repeat every 24 hours until the glue has come off on its own, usually in 10-14 days.
- No special cleaning or wound care is necessary for your wound.
- Avoid using ointment on the glue or it will break down sooner and come off before it is ready.

### Activity

- Please keep movement of the surgical site to a minimum for the first three weeks after surgery.
- **Avoid all strenuous activity for at least a week after surgery. No exercise, no bending over, no heavy lifting, no exercise, no golf, no swimming, no running, etc.**
- Wounds only have approximately 5% of their strength one week after surgery and so care must be taken not to stretch open the surgical site. Avoid stretching or overusing the surgical area for three weeks and then slowly start to increase activity to the affected area.

### Bleeding

- Occasionally wounds bleed. Almost all the time, this bleeding can be stopped by applying firm pressure to the area for 15 minutes. No peeking!!! After you have been applying pressure for 15 minutes, using a clock to keep time, slowly let up the pressure and see if the wound is still bleeding.
- If you have a problem with bleeding, do not remove the bandage that is on. Apply an additional bandage over it with firm pressure after the bleeding has stopped, and leave it in place for 48 hours before changing.
- If you have gone through 2 cycles of holding firm pressure for 15 minutes each by a timer and the wound is still bleeding, please call the office. (251)928-3844

### Infection

- Even though many efforts are taken to eliminate infections, occasionally wounds do become infected. Some redness around the wound is normal. However, if the skin around the wound becomes increasingly more red, swollen, hot, and painful, or drains pus, you may have an infection.
- If this occurs, please call the office. (251)928-3844

### Pain

- Some discomfort and swelling can be encountered during the healing process. Take Tylenol if needed. If severe pain occurs, please call the office. (251)928-3844

### Suture Removal

- You will not need an appointment for suture removal. However, sometimes the underneath stitches, which your body should dissolve, become irritated and come to the surface like a pimple. This is not harmful, but if it bothers or concerns you, call the office.