

Surgical Post-Operative Instructions



Suture Care Following Surgical Procedure:

1. Keep the dressing that has been applied in place until tomorrow morning.
2. Start tomorrow morning, change the dressing ONCE A DAY. Cleanse the wound gently with soap and water. The object of the cleaning is to attempt prevention of crust or scab formation. This cleaning as well as drying afterward can be accomplished with the use of Q-tips. Apply white petroleum protectant to the wound using a Q-tip. The wound should then be covered with Telfa gauze cut to the size of the wound. Secure with non-allergic paper tape.
3. Keep the dressing dry.
4. Take Tylenol for pain. Avoid taking aspirin or aspirin products (Motrin, Advil, Nuprin, Ibuprofen, Aleve, Bufferin).
5. If you experience any bleeding, take some clean gauze and press directly on the wound for 15-20 minutes. If the wound is still bleeding, apply pressure for another 15-20 minutes. If this does not stop the bleeding, call the office at 406-294-9515 ext. 16 or 17 or 1-866-988-3376 and ask to speak to the nurse.
6. After the first two days, if you notice increased pain, swelling, drainage or spread of redness away from the wound, this may be a sign of infection and you should call us.

Care Following a Skin Graft:

1. Do not remove the yellow dressing for one week. Keep the dressing dry and intact. You may reinforce the dressing with tape if needed.
2. You will need to return in one week to have the dressing and sutures removed. You will be required to wear a Telfa (non-adherent) dressing, which you will change twice a day. Follow the instructions above for dressing change. (See: Suture Care Following Surgical Procedure #2).

If the Surgical Area is on the Head and Neck:

1. Sleep with head elevated on two or three pillows.
2. Apply ice packs to affected area, over the bandage, for 10-15 minutes at a time for one to two days after the procedure. The ice packs should be applied several times a day.
3. Avoid bending, lifting, or exercise.
4. If the area is on the arm, leg, or back; avoid bending, lifting, or heavy exercise until sutures are removed.