

## POST-OPERATIVE INSTRUCTIONS

Edward Eades, MD

520-323-6994

Please follow the directions indicated by the **marked** boxes below:

### Follow-up Appointment

- call the office and make an appointment for this / next:  Tuesday  Thursday
- you do not need further follow-up, but please call the office if any questions or concerns arise

### Dressings

- a dressing is not necessary in your case
- remove the dressing in \_\_\_\_\_ day(s), leave open or replace dressing as desired
- remove the dressing in \_\_\_\_\_ day(s), use gauze and tape or appropriately sized band-aid to keep wound covered until healed

### Incision / Wound Care

- beginning tomorrow, clean incision(s) twice a day with peroxide and a Q-tip to gradually remove any dried blood
- your wound was not closed, it will gradually heal on its own; expect the wound edges to become inflamed and for "pus"-like material to accumulate on the wound (this is normal), you may clean it with peroxide and a Q-tip as needed

### Packing

- remove the packing in \_\_\_\_\_ day(s), use gauze and tape or an appropriately sized band-aid to keep wound covered, change daily until healed
- remove the packing in \_\_\_\_\_ day(s), replace it \_\_\_\_\_ per day with \_\_\_\_\_

- Drains:** empty drain(s) as needed, keep daily output records for each drain, bring record with you to follow-up appointment

### Showering / Bathing

- beginning tomorrow, you may get your incision wet and bathe as desired
- you may bathe (shower, tub bath, sponge bath) as appropriate keeping the dressing clean and dry

### **Call Dr. Eades (520-323-6994) with questions or concerns, especially:**

- signs of infection: increasing pain, redness and swelling
- bleeding: if the wound or incision is bleeding, carefully wipe off all clotted blood and apply pressure with a washcloth for ten minutes by the clock, call Dr. Eades if the bleeding continues after two attempts to stop it