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* _____ Call in 2-3 days for results.
* _____ Please schedule post-op.

WOUND CARE INSTRUCTIONS
(WOUNDS WITH SUTURES)

WOUND CARE: Keep the wound covered; re-tape the bandage if needed. When the bandage falls off, do the following:

1. Remove the bandage, clean the suture line with water and a clean Q-tip. Gently remove any crusts and pat dry.
2. Apply a thin layer of Vaseline or Aquaphor (available at the pharmacy without a prescription) to the wound.
3. Cover with a Band-Aid or larger dressing. The wound will heal best if kept covered. If it is not possible to keep the wound covered, such as in hair-bearing areas of the scalp, do your best to keep the area clean.

You may shower after the first 24 hours (leave bandage on during shower, pat dry and do wound care after your shower if the bandage comes loose); however, no swimming pools, etc. until your sutures are removed and Dr. Brenden says it's okay.

WHAT TO EXPECT: Slight tenderness and bruising may occur, and there may be oozing and slight bleeding. An ice pack or package of frozen peas over the dressing for 20 minutes at a time will minimize swelling and bruising. Mild redness around your suture line is normal; however, if the area becomes very red, swollen, painful, hot, or has a pus-like drainage, please call us so we can take care of it for you as soon as possible. Pain following your surgery is usually minimal and can be relieved by taking Tylenol every 6 hours as needed. Avoid aspirin or aspirin-containing products for 2 days.

IF BLEEDING OCCURS: A small amount of blood on your bandage the first day is normal. If you begin to have heavier bleeding, apply **firm pressure** over the bandage with gauze or a clean cloth **for 15 minutes by the clock**. This is usually enough to stop any bleeding which may occur; however, if bleeding persists, repeat for another 15 minutes by the clock. If still bleeding, contact us at **480-985-9492**. **If calling after hours, press 5 and leave a message** including your name and phone number. Dr. Brenden will call you back as soon as possible.

CALL FOR RESULTS: Call our office if you have any questions or concerns, such as increased redness or warmth in the area, or if you are concerned it may have become infected. Otherwise, call our office in 2-3 days for results. Let us know if you are experiencing anything that concerns you.