

## **Caring for your Wound after Surgery**

After surgery, you may notice some minor bleeding, swelling and bruising. You will need to care for your wound so that the area heals well.

### **What do I need to do?**

- Keep the area open to air as much as possible.
- If necessary, the clinic nurse will show you how to apply a light dressing.
- If steri-strips (tape strips) have been applied, let them fall off, or you may cut any edges that have lifted.
- Bathe and shower as usual. Gently wash the area with plain water. Gently pat the area to dry.
  - Do not submerge the area in water and no direct shower water for at least three days
  - Do not scrub or rub the incision
- Apply the antibiotic ointment prescribed by the physician to the wound as directed, three times a day until the stitches are removed.
  - Use a warm washcloth to remove old ointment before applying new ointment.
- Take Acetaminophen (e.g. Tylenol or Tylenol Extra Strength) to help control pain.
- Do not use any lotions or creams.
- You may note some soreness, tenderness, tingling, numbness and itching around the incision, as well as some oozing and bruising This is all normal and no cause for concern
- Call the clinic if you notice any signs of infection such as:
  - Redness
  - Swelling
  - An increase in pain after two days
  - A change in odour
- Measured fever greater than 38 degrees Celsius

### **When will my stitches be removed?**

Have your stitches removed in seven to ten days by your family doctor or surgeon.

### **Sun care**

You will need to apply SFP 60 sunscreen to the area on a daily basis for six months after the stitches are removed.