



**343**  
PRESTON STREET  
SUITE 200  
OTTAWA, ONTARIO  
K1S 1N4

T: 613.729.1616  
F: 613.729.3838

WWW.THEOTTAWACLINIC.COM

## Wound Care Post Op Instructions

### General

Keep the area elevated, higher than your heart, as much as possible for the first three days (use pillows if needed).

Use an ice pack (20 minutes on, 2 hours off) to help control bruising and swelling, as required for the first 2 days.

Take pain Medication as Directed: Tylenol, Ibuprofen or your Prescription Medication \_\_\_\_\_.

### Follow Those Instructions Indicated for you (circled or written).

#### Open/Raw Wounds:

A nurse will be doing your dressing YES / NO

Keep the initial dressing intact for \_\_\_\_\_ days.

Perform the following every \_\_\_\_\_ day(s).

- 1) Remove dressing (soak if required).
- 2) Clean the wound with soap and water.
- 3) Rinse well.
- 4) Dry with a fresh clean towel.
- 5) Dress wound with \_\_\_\_\_.
- 6) Cover with \_\_\_\_\_.
- 7) Secure with \_\_\_\_\_.

#### Sutured Wounds:

Remove the outer gauze dressing in \_\_\_\_\_ day(s).

Perform the following DAILY - \_\_\_\_\_

A) If there are Steri-Strips on the wound

1a) The Steri-Strips will likely stay on for 5-7 days.



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- 2a) Wash the wound with soap and water.
- 3a) Pat the tapes dry or use a hair dryer
- 4a) \_\_\_\_\_.

B) No Steri-Strips or if they fall off early

- 1b) Wash the wound with soap and water, rinse well.
- 2b) Apply \_\_\_\_\_ to incision TWICE DAILY
- 3b) Cover with \_\_\_\_\_.

### Your Sutures

Dissolve on their own.

Need to be removed in \_\_\_\_\_ days.

### If Bleeding Occurs:

Apply direct pressure over the wound with a clean towel.

**DO NOT RELEASE PRESSURE FOR 45 (FORTY FIVE) MINUTES BY THE CLOCK.**

If bleeding does not stop after this measure, contact our office, your GP or present to the Emergency Department.

### Special Instructions -

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**Contact Dr. Nodwell, your GP or present to the Emergency Department if you have:**

- 1) Signs of infection
  - a. Redness that spreads beyond the initial wound
  - b. Pain that worsens after 3-4 days.
  - c. Swelling that worsens after 3-4 days.
  - d. Flu-like symptoms (fever, chills, muscle aches and pains).
- 2) Questions or concerns not addressed by this handout.



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**IMPORTANT INFORMATION**

Call our office ASAP to arrange your \_\_\_\_\_ day / week follow up.

Office - 613.729.1616  
Queensway Carleton Hospital - 613.721.2000  
Ambulance - 911