



## WOUND CARE

*Our goal is to ensure your safety, help you have the best possible outcome and help you feel comfortable during your recovery. Please follow these instructions on how to take care of yourself following your procedure.*

### GENERAL:

- It is important to keep the area elevated higher than your heart as much as possible for the first three days in order to reduce swelling. You may use pillows to support the area if needed.
- You may use an ice pack (20 minutes on, 2 hours off) to help control bruising and swelling, as required, for the first 2 days.

### PAIN:

It is normal to have pain and discomfort following your procedure. Please take pain medication as directed:

Tylenol  
 Ibuprofen

Prescription Medication: \_\_\_\_\_  
 Prescription Medication: \_\_\_\_\_

If you have worsening pain not controlled by your medication, please contact our office for instructions.

### Please follow the indicated instructions below (written and/or circled):

A homecare nurse (CCAC) will be changing your dressings:  YES  NO

- If a nurse has been arranged to change your dressings, you will be contacted by them directly with dates and times for your dressing change.
- Please leave your current dressing intact until you meet with the homecare nurse.

### SUTURED WOUNDS:

- Remove the outer gauze dressing in \_\_\_\_\_ day(s).
- Perform the following DAILY:

If there are Steri-Strips on the wound:

1. The Steri-Strips will likely stay on for 5-7 days.
2. Wash the wound with soap and water.
3. Pat the tapes dry or use a hair dryer.

If there are no Steri-Strips or if they fall off early:

1. Wash the wound with soap and water, rinse well.
2. Apply Vaseline / Polysporin to incision TWICE DAILY.
3. Cover with bandage / gauze for \_\_\_\_\_ days.

Your sutures will:  Dissolve on their own.  
 Need to be removed in \_\_\_\_\_ days.

**OPEN/RAW WOUNDS:**

- Keep the initial dressing intact for \_\_\_\_\_ days.
- Perform the following every \_\_\_\_\_ day(s).
- Remove dressing (soak if required).
- Clean the wound with soap and water.
- Rinse well.
- Dry with a fresh clean towel.
- Dress wound with Vaseline / Polysporin / \_\_\_\_\_.
- Cover with bandage / gauze for \_\_\_\_\_ days.
- Secure with bandage / medical tape.

**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.

**If you have any of the following, call our office (during business hours), your family doctor or present to the Emergency Department:**

**Signs Of Infection:**

- Pus-like drainage from the incision, grey or green.
- Redness that spreads beyond the incision.
- New pain, getting worse after 3 or 4 days.
- Fever, chills, sweats, aches and pains (flu-like symptoms).

**Questions not addressed by this handout**

**Special Instructions:** \_\_\_\_\_

**FOR AFTER-HOURS EMERGENCIES:**

- Call the Queensway Carleton Hospital at 613-721-2000 and the Plastic Surgeon on-call will be paged.

**FOLLOW UP APPOINTMENT:**

- Your Patient Care Coordinator will call you to confirm your appointment. Please call us at 613-232-7777 if you have any questions or concerns.

**YOUR APPOINTMENT HAS BEEN SCHEDULED FOR:** \_\_\_\_\_