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## POST SURGERY INSTRUCTIONS (for patients granulating)

1. You are to leave the bandages in place for 24 hours. Then follow wound care instructions for 10-14 days, or until healed.
2. Soak the area twice a day with a mixture of 1 tablespoon of white vinegar to one pint (2 cups) of water.
  - Soak for 5-10 minutes, and then apply Polysporin or Bacitracin (Antibiotic) ointment and a bandage to prevent contamination or drying out. If you are allergic to Polysporin, please discuss with the medical assistant or physician.
3. **Do not** do any of the following for three days:
  - **Do not** take aspirin, ibuprofen, or any other non-steroidal anti-inflammatory drugs unless directed by one of our physicians. Tylenol is ok.
  - **Do not** drink any alcohol.
4. If you notice any bleeding from the surgical site (s), apply firm, direct pressure for 10 minutes followed by ice packs for ten minutes. Perform this procedure twice. If bleeding persists, call our office.
5. **Do not let the surgical site form a scab**. To prevent this, apply Polysporin ointment and keep the area covered with a bandage. When a scab forms this can slow down the healing process and may cause infection and scarring.

*Showering: You may shower after 24 hours, unless otherwise directed. Leave the bandage in place to help prevent contaminated products from entering the healing area. After the shower, begin the vinegar water soaks/cleaning, pat dry, apply your antibiotic ointment, and cover with a fresh clean bandage.*