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**TAKING CARE OF YOUR SURGICAL SITE
(Hidden Suture Technique)**

You will be going home with a pressure dressing on. This dressing consists of a top gauze layer which is taped on and a bottom steri strip layer which is glued onto the skin. The pressure dressing is to be kept on for 24 hours. Swelling and variable degrees of bruising are common and should be anticipated. It is normal for the area to ooze a little blood, especially in the first few hours after surgery. If the bleeding is persistent, apply direct pressure to the site for 15 minutes. If not effective, remove the top gauze bandage and reapply pressure over the steri strips exactly on the bleeding spot for 15 minutes. If the bleeding continues, please call the office so we can seal the bleeding spot for you.

It is recommended that someone be with you during the first 24 hours.

After 24 hours, you may remove the top gauze bandage. If steri strips have been placed on the incision, you may optionally apply Aquaphor or Vaseline ointment, twice daily directly over the center of the steri strips where the incision is located. Once the strips fall off, in approximately 1 week, apply the ointment twice daily until no more scab remains. If no strips were placed, apply the ointment beginning the day after surgery. Try to avoid direct water contact on the steri strips.

Do not drink alcohol or take aspirin or aspirin containing medications such as Alka Seltzer, Anacin, Excedrin, Empirin, and many cold pills for one week following surgery. If you have any discomfort, take Tylenol or generic acetaminophen.

Bruising and swelling may occur, especially over the head and neck region, and most notably, around the eyes. This peaks around days 2 to 4.

Rest. Avoid strenuous exercise, bending, straining, stooping, and lifting heavy objects for the first few days after surgery. Sometimes these motions can start bleeding from the incision.

You will return to the office usually between 10 and 14 days for a wound checkup. If you notice any abnormal healing, such as excessive tenderness, excessive swelling, expanding redness, warmth, or pus, please call the office for a sooner appointment.

Pinkness, residual swelling, and incisional bumps may take several weeks to resolve. Remember to keep your follow-up appointments in order to ensure proper healing.

If at any time you feel that the site is not healing properly, whether immediately after the procedure or several weeks following, please call the office so that Dr. Badame may evaluate in a prompt fashion.