



SURGICAL ASSOCIATES

Patient Education

Incision Information

Immediately after your procedure, and for several days, it is **normal** to potentially have the following:

- Clear to pinkish/red drainage from the incision site (update our office if there are excess amounts)
- Swelling and/or bruising around the site (use ice to help with this)
- The area immediately around the incision may appear red or warm to the touch; if symptoms spread or increase beyond the incision, contact our office.

If drainage, swelling or pain increase and/or drainage becomes thick, pus-like or foul-smelling, contact our office.

If the above symptoms were present initially and went away, then came back, contact our office.

After about a week, you may notice a “ridge” has formed under your incision; if this is the only thing present and you have no other signs and symptoms of an infection, do not let this alarm you. You may have a ridge under the incision area for a couple of weeks as the body heals itself.

If drainage is present from the incision, use gauze or other dry, absorbable, breathable dressings as needed to protect your clothing and prevent rubbing on your incision. Change the dressing **daily** and **as needed** to prevent moisture from sitting on the area. Do not use a non-stick dressing or one with a shiny coating; this is not an absorbable dressing.

Do not apply creams or ointments to the incision without being directed to do so by your doctor or nurse. It is best for your incision to be clean, dry and open to the air. The goal is for a dry scab to form, allowing the wound to heal from the inside out.

If Dermabond (skin glue) was applied to the incision and it starts to peel, do not pull it off. Allow it to peel off on its own, usually about 1-2 weeks.

Call our office if you have any of the following:

- Fever of 101 or higher and/or chills
- Opening in the incision/coming apart
- Increased pain, redness, swelling or drainage at the surgical site several days after the procedure
- Rash and/or severe itching on your body or around your incision that is spreading and/or getting worse

Do not submerge or soak your wound (i.e., in a bathtub, go swimming or use a hot tub) until your scabs have fallen off and there are no longer openings in the skin where the incision was.

To reduce pain and swelling, use ice for the first few days after your procedure. Do not apply ice directly to the skin; wrap a towel around the ice pack and apply. Keep it on for 20 minutes, then take it off for 20 minutes, and repeat as needed. Reducing the swelling increases blood flow and improves the healing process.

Three days after surgery, you can switch to warm packs if it improves your comfort level. **Do not use a heating pad.**