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Post Op Care for Surgical Incision Sites

- 1.) Keep site clean and dry for 36 hours after surgery if no drain is present; if you have a drain, keep site dry until 36 hours after drain is removed.
- 2.) After the 36 hours, it is OK to get site wet in the shower and pat dry. Do not soak site in water for three weeks after surgery.
- 3.) The site is covered with glue. If glue remains after three weeks, you may remove, if desired, with fingernail or tweezers, or you may leave in place until it falls off. Do not remove glue earlier than three weeks.
- 4.) Do not strain for bowel movements. Use an over-the-counter stool softener or laxative if needed.
- 5.) Avoid prolonged sun exposure to the site for three weeks.
- 6.) Take pain medication and/or antibiotics as directed. **Do not use any aspirin, ibuprofen or naproxen products for 1 week.**
- 7.) Avoid heavy lifting or strenuous upper body activity for 3 weeks.
- 8.) Call your physician if:
 - a.) Fever goes over 101.
 - b.) Increasing pain and swelling after the first 48 hours.
 - c.) Green or yellow drainage from the site.
 - d.) Increased redness.
 - e.) Excessive bleeding