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## Post Op Care for Surgical Incision Sites

- 1.) Wash hands with soap and warm water before touching the site.
- 2.) Clean site with half strength peroxide and water.
- 3.) Apply a thin layer of antibiotic ointment for no more than three days. After three days, switch to Vaseline. Avoid Neosporin.
- 4.) Do not use Vitamin E on the site.
- 5.) Do not strain for bowel movements. Use an over-the-counter stool softener or laxative if needed.
- 6.) Avoid prolonged sun exposure. Use sun screen on the site at all times.
- 7.) Take pain medication and/or antibiotics as directed. **Do not use any aspirin, ibuprofen or naproxen products for 2 weeks.**
- 8.) Activity Guidelines:
  - a.) No contact sports or exercise programs for 2 weeks.
  - b.) Avoid smoking and alcohol.
  - c.) You may take a shower, but avoid getting the site wet.
  - d.) No swimming or hot tubs for 2 weeks.
- 9.) 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