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## POST SURGERY INSTRUCTIONS

### STERI STRIPS

1. Leave the bandages in place until tomorrow morning. Then you may remove the **TOP GAUZE** bandage only. If present, leave the **BOTTOM WHITE STERI STRIPS** in place. You may then soak the area twice daily using a wash cloth or gauze soaked in a mixture of 1 tbsp of white vinegar in a pint (2 cups) of warm water. Drape the cloth over the wound for 5-10 minutes, pat dry and then apply Polysporin or Bacitracin ointment and a clean bandage. If the bottom steri strips become loose or soiled, they may be gently removed. If you are allergic to Polysporin, discuss with the medical assistant or the physician. Please follow these care instructions for 10-14 days, or until healed.
2. If the surgical site is on your head or neck, you should keep your head elevated on two pillows when you lie down for the next 48 hours.
3. You May Hold an ice pack over the surgery site for 20 minutes, two or three times the day of surgery only. This will help decrease swelling and bruising.
4. For three days following your surgical procedure:
  - ◆ **DO NOT** take aspirin, ibuprofen, any other non-steroidal anti-inflammatory drugs, ie Naprosyn, Vitamin E without consulting with Dr. Kayal. Taking Tylenol is acceptable.
  - ◆ **DO NOT** drink any alcohol.
  - ◆ **DO NOT** do any bending over.
5. Do not do any vigorous exercise or sweating that might put the sutures
  - ◆ under additional stress and interfere with prompt healing.
6. 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.
  - ◆ Do not sleep on the side of the body with the wound.

*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.*