

T.J. Giuffrida, M.D.
3275 Ponce de Leon Blvd
Coral Gables, FL 33134

POST-OPERATIVE WOUND CARE

1. SUPPLIES- You will need to purchase the following:
 - Tap Water Telfa Dressing and Surgical Tape —
 - Q-tips Band aids
 - Vaseline or Polysporin

2. WOUND CARE
 - A. Clean wound one to two times daily beginning 48 hours after surgery.
 - B. Clean wound with Q-Tips soaked in tap water. Do not reuse Q-Tips. Remove all crusted material and any white/yellow material that can come off easily.
 - C. After cleaning, generously apply vaseline or polysporin with a clean Q-Tip.
 - D. Cover your wound with the following dressing:
 1. Telfa dressing cut to the size of the wound and then tape or
 2. Band aids
 - E. Continue wound care until stitches are removed or as your doctor directs.

3. PERSONAL HYGIENE

In the first 48 hours, showers or baths are allowed if the bandage remains dry. After 48 hours, the sutures may then get wet but do not immerse in bath water. Swimming is not allowed until the sutures are removed. Heavy lifting and exercise are not allowed until the sutures are removed.

4. PRESCRIPTIONS

Unless the doctor states otherwise, take Extra Strength Tylenol for pain as needed. Avoid taking any aspirin or ibuprofen products for the next two weeks, unless these have been prescribed by a doctor. Also, alcohol should be avoided for two days.

5. CONTACT THE DOCTOR IF THE FOLLOWING OCCURS:
 - A. Bleeding which saturates your dressing (spoiling of dressing is expected). To stop bleeding, hold direct pressure over the dressing for 20 minutes and do not remove the dressing.
 - B. Temperature greater than 100 degrees F or 38 C.
 - C. Signs of infection, i.e., redness, swelling, foul-smelling drainage, pain or heat
 - D. Severe nausea and vomiting

A PHYSICIAN CAN BE REACHED at (305) 461-2000 during office hours. After office hours, call (305) 461-2000 to reach our answering service. For any questions about dressings or general questions, please call the office and talk with the phone nurses.