To reduce the risk of bleeding within the first 24 to 48 hours:
1) Refrain from any type of strenuous activities for 48 hours. This includes bending, lifting and exercising. Mild activity such as walking may be resumed after 48 hours.
2) Do not drink any alcoholic beverages or take any aspirin or ibuprofen for pain for 48 hours (unless prescribed by a Physician). Take only Tylenol for the relief of discomfort. Do not exceed 3,000 mg of Tylenol (acetaminophen) in a 24 hour period.
3) Do not smoke for 2-3 weeks. Smoking depletes the blood of its oxygen that healing depends on and could increase the risk of infection or a poor cosmetic result.
4) You should keep your leg elevated when at home. Avoid excessive walking around for 2 days and rest when possible.

Bleeding:
A slight amount of oozing is normal at the wound site. However, if excessive bleeding occurs and your bandage gets saturated, you will need to stop the bleeding. You should be able to stop it by using clean gauze or cloth and applying firm pressure directly on the bandage. Do not remove the bandage, just apply pressure over it. Hold this pressure for a minimum of 20 minutes. Do NOT release the pressure to look at the bandage before the 20 minutes of pressure has been applied. Again, do NOT remove the bandage we put in place, however you can place another layer of gauze and tape on top of it. If bleeding does not stop, you should reapply the pressure for another 20 minutes. If this does not stop the bleeding, you should call the doctor or go to your nearest hospital.

Tomorrow night (36 hours):
Remove the Ace wrap/compression stocking.

If wound is sutured:
1) Remove and discard the white bulky bandage. Leave the flat, clear, waterproof dressing on your skin until you return to our office in one week for a bandage change. You can shower and get the waterproof bandage wet, but be sure not to scrub over it or submerge the waterproof bandage in water (i.e., do not take baths).
2) Sleep without the Ace wrap/compression stocking tomorrow night and reapply the Ace wrap/compression stocking the next morning. You do not need to reapply the white bulky bandage. Begin wearing the Ace wrap/compression stocking just during the day (you will only need to sleep with the Ace wrap/compression stocking on tonight).

In the event that your flat bandage comes off or gets wet, you will need a new bandage. Follow the instructions below for changing your dressing daily.
1) Remove wet dressing. As you will be changing the dressing daily, it is okay to shower and get the area wet.
2) Clean area daily with tap water and soap. Pat dry.
3) Apply Aquaphor (or Vaseline) to band-aid or non-stick gauze pad and cover wound. Paper tape can be used to secure non-stick gauze. (Available at Brookville Pharmacy: 5454 Wisconsin Ave. Tel. 301-718-0900)
4) Repeat this daily until you come in or for a total of 2 weeks.
5) Wrap leg with Ace bandage/compression stocking during the day.
If wound is grafted:
1) Leave the white, bulky pressure bandage on your skin until you return to our office in one week for a bandage change.
2) If the dressing becomes soiled by drainage from the wound or starts to come loose, you may cover it with additional tape.
3) Do not get the dressing wet. Carefully wash around the dressing.
4) Sleep without the Ace wrap/compression stocking tomorrow night and reapply the Ace wrap/compression stocking the next morning. You do not need to reapply the white bulky bandage. Begin wearing the Ace wrap/compression stocking just during the day (you will only need to sleep with the Ace wrap/compression stocking on tonight).

If wound is open:
1) Remove the white bulky bandage and the flat dressing. As you will be changing the dressing daily, it is okay to shower and get the area wet.
2) Clean area daily with tap water and soap. Pat dry.
3) Apply Aquaphor (or Vaseline) to band-aid or non-stick gauze pad and cover wound. Paper tape can be used to secure non-stick gauze. (Available at Brookville Pharmacy: 5454 Wisconsin Ave. Tel. 301-718-0900)
4) Repeat this daily until you come in or until the wound is healed.
5) Sleep without the Ace wrap/compression stocking tomorrow night and reapply the Ace wrap/compression stocking the next morning. You do not need to reapply the white bulky bandage. Begin wearing the Ace wrap/compression stocking just during the day (you will only need to sleep with the Ace wrap/compression stocking on tonight).

PATIENT INFORMATION

Staples / Sutures / Grafts

During the healing process you will notice some or all of the following:

1. Swelling and/or discoloration and bruising around your surgical site. This is common, particularly when performed around the eye.
2. You may experience a sensation of tightness as your wound heals. This is normal and will gradually subside.
3. Redness of the surgical site and surrounding tissue. This is normal.
4. Itching of the surgical site. Patients frequently experience itching after their wounds appear to have healed because of the continued healing under the skin. Plain Vaseline will help relieve itching.
5. Sensitivity to temperature changes (such as cold air). This sensitivity improves with time, but if you are having a lot of discomfort, try to avoid extremes of temperatures.
Signs of complications:

*If you have severe pain and/or swelling that is not controlled with Tylenol, it could indicate bleeding under the skin.
*If you have pain that is getting worse each day instead of better, that could indicate another complication.
*Severe itching with extensive redness could indicate infection or sensitivity to the ointment used to dress the wound or a reaction to the bandage tape.

If you experience what you perceive to be a complication, call our office as soon as possible.

FOR QUESTIONS CALL:
(301) 986-1006  Ali Hendi, M.D. office
(301) 204-4836  Ali Hendi, M.D. cell