

Your physician: **Tarek Fakhouri, M.D.**

Your surgical assistant: \_\_\_\_\_

### **Contact Information During Office Hours**

Office number: (832) 308-3470

KLARA: (832) 789-3653

### **After Hours Contact Information:**

Dr. Fakhouri's cell phone: (302) 827-3502

## **Post-operative Instructions**

You will have a prescription for an oral antibiotic as well as a topical antibiotic ointment sent in to your pharmacy electronically. Please remember to pick these up and take and use them as directed. You may also be given a printed prescription for pain medication.

### **Following your surgical procedure, you can expect:**

- Bruising on or around surgical site.
- Moderate swelling
- Mild to moderate pain

For surgery on the head and neck – bruising and swelling around the eyes is normal and usually lasts for several days. For surgery on the arm, hand, leg and foot - swelling of the hands & feet is normal. Keeping the area elevated and using an arm sling or wrapping with an ace wrap will help to control swelling. Use of a cold pack is recommended – see directions below under “activity.”

### **Call the office or text the KLARA number if you experience any of the following:**

- Constant fever above 101 F
- Intense pain near surgical site
- Increased swelling, redness or uncontrolled bleeding
- Reopening of the wound at any time
- Yellowish drainage from the wound
- You may also send pictures with your name and date of birth to (832)789-3653 via our secure text messaging system, KLARA.

**NOTE: If bleeding from the site occurs, apply firm, direct pressure on top of the bandage for 20 minutes.**

**Do not release pressure to look at bleeding status during this time. If bleeding continues after 20 minutes, apply pressure again for 20 additional minutes. If the bleeding persists, continue the pressure & call our office for further instructions. If bleeding stops, you may add additional gauze over the bandage or change the saturated top pressure dressing, securing bandage in place with tape.**

### **PAIN CONTROL:**

- **Take one Tramadol, one Tylenol, and one Aleve OR Advil before the pain starts and again 3 times per day.**

### **ACTIVITY:**

- **Elevate surgical site** (head, neck, arm, leg) on 2 pillows when lying or sitting. Suggested for at least 2 days.
- **Do not** bend over, reach or stretch, or lift greater than 10 lbs.
- **NO aerobic exercise** for at least 14 days; brisk walking, gardening, golfing, etc. This type of activity can put your sutures under stress, interfere with healing, and cause bleeding.
- **Use an ice pack** for pain and swelling over the bandaged site for 20 minutes out of every hour while you're awake for the first 2 days. Use a washcloth to cover the bandage prior to applying the ice.
- **Avoid Alcohol**, even beer, for one week following your procedure. Alcohol will cause bleeding.

## **Surgical Site Care**

- General Repair with Sutures**  
Keep the office bandage on & dry for 2 days.
- Skin Graft**  
Keep the office bandage intact & dry for 4 days. OR Keep bandage intact & dry until you return to office.
- Healing by second intention or Delayed Repair**  
Keep the office bandage intact & dry for 4 days. OR Keep bandage intact & dry until you return to office.
- Interpolated Flap**  
Keep bandage intact & dry until you return to office.

You may remove your bandage on:

Monday      Tuesday      Wednesday      Thursday      Friday      Saturday      Sunday

**1 Tablespoon White Vinegar in 1 cup Warm Water OR ¼ Cup Peroxide, undiluted**

- After removing the bandage do either a vinegar or peroxide “soak.” To do a soak, use either dilute white vinegar or undiluted hydrogen peroxide (see above) and soak a Q-tip or cotton ball. Gently lay the wet Q-tip or cotton ball on top of the incision. Do not pour the vinegar or peroxide directly on the incision. Do not let the vinegar or peroxide get into your eyes. Leave the wet Q-tip or cotton ball on the incision for 5 minutes. Do not scrub.
- After soaking, apply the prescription antibiotic ointment to the incision with a Q-tip and cover with a small non-stick bandage, such as Telfa. Avoid placing tape or adhesive directly over incision. Do not let the area dry out or form a scab, as it can slow healing and create scarring.
- Perform site care twice per day until it has healed, usually 2 weeks, or until you come for suture removal.
- 4 weeks after surgery, when your wound is well healed, you may apply Scar Recovery or BioCorneum gel.
- You may shower and bathe as normal after your initial bandage is removed.

### **Wound Care Supply Instructions:**

You will need the following items for your dressing changes

1. Q-tips
2. Topical ointment such as prescription Mupirocin, prescription Gentamicin, Vaseline petrolatum, Aquaphor, or Polysporin. Use a NEW tube or jar. Old jars and tubes may have bacteria that could contaminate your surgery site and cause infection. Apply with a q-tip not fingers.
3. Telfa or non-adherent gauze pads
4. Micropore paper tape, Hypafix adhesive tape, or Band-aids
5. Do **NOT** use, Neosporin or bacitracin because it can cause an allergic reaction if used for too long.
6. 4x4 gauze pads, Q-tips, or cotton balls for cleaning
7. Other supplies: \_\_\_\_\_

**Remember to take your medication as prescribed (with food) & return for your follow-up visit or suture removal.**