

BRECKENRIDGE SURGERY CENTER

PATIENT NAME: _____

DOS: _____

POST-OPERATIVE WOUND CARE INSTRUCTIONS

- () Starting the day after surgery, please clean all stitch lines twice a day with soap and water. Then apply antibiotic ointment (Polysporin or Bacitracin).
 - () Reapply ointment frequently, keeping a thick layer of ointment on.
 - () Leave Dressing Off.
 - () Re-apply band-aid or gauze dressing.
- () Keep incision clean and dry for at least _____ hours.
- Surgical area may have the dressing removed and you may shower after _____ hours. Do **not** completely soak your wound in water. This includes bath tubs, dishwasher, and swimming.
- () Starting six hours after your surgery, begin flexion and extension exercises:
 - Full fist 10 sessions, three times per day
 - Maximum of 30 times per day
- () Other instructions:

- () Elevating the surgical area above your heart for the first 48 hours after surgery can decrease pain and swelling:
 - Hand above elbow, elbow above heart
- () Splint or cast:
 - Do **not** remove splint or cast unless specifically told to do so. You may move your fingers and thumb unaffected by the splint or cast starting 6 hours after your surgery.
- () Area that had surgery **must** be kept clean and dry with dressing intact. If showering, please use a plastic bag to cover your dressing.
- () No special instructions are required. Leave your current dressing alone and intact until your first post-operative visit:
 - **YOUR POST-OP APPOINTMENT DATE IS:** _____

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PATIENT/CAREGIVER SIGNATURE: _____

WITNESS SIGNATURE/DATE: _____