

## Post Operative Wound Care Instructions For All Incisions (Unless Otherwise Instructed)

Note: Please complete these steps two to three times a day until seen in the office for follow up. If there are steri-strips (a.k.a. butterfly bandages) covering your incision then you **do not need to complete these steps.**

- Please get a standard bottle of H<sub>2</sub>O<sub>2</sub> (Hydrogen Peroxide) Solution. This is an over the counter medicine and can be obtained at any pharmacy. You can buy any brand including the generic brand (CVS, Rite Aid, etc.).
- You will need to make a half strength solution...this is easy to do. Pour out one half of the hydrogen peroxide bottle and refill it to the top with water. This will dilute the hydrogen peroxide by one half. This is the solution you will use to clean all incisions.
- Take a cotton swab or gauze and saturate it with the hydrogen peroxide solution. Gently clean all incisions being careful to not traumatize or pull the incision apart. **It is very important to do this gently by only dabbing and never rubbing the incision.** This step will help clean the wound by breaking down any dried blood and/or crusts that have formed. You may see the solution fizz and bubble when applied. This is normal.
- Carefully dry the area by patting with a clean/dry gauze or swab.
- Take a small amount of the prescription antibiotic ointment (Mupirocin) and cover the incision line. If you haven't been given a prescription for this ointment then you should use an over the counter Aquaphor ointment.
- Unless your surgeon tells you differently, you may shower the day after surgery allowing the incision site to get wet. Please avoid saturating or submerging the incision. Gently pat dry and follow the instructions listed above.
- Please call the office with any questions at 410-266-3900, ext. 142.