



Wound Care

Remove any bandages and shower normally the second day after surgery (unless otherwise instructed by your surgeon). Gently wash over your incision(s) with soap and water. Do NOT soak in a tub or pool.

Your sutures are dissolvable (unless you have blue sutures, in which case you will come back to the plastic surgery clinic for removal. You may apply Bacitracin ointment (over the counter topical medication) to your sutures 2x/day for 1 week. If you have steri-strips or paper tape on your sutures, please do NOT apply Bacitracin on it. The steri-strips will fall off on their own. You can pin your drains to your clothes so they do not tug or pull. You can shower with your drains. You may put a long string, a lanyard, or ID holder around your neck to pin the drains into so you do not have to carry the drains while you're in the shower.

You may wear a SOFT bra (NO UNDERWIRE) for support for 2 weeks. No dressings required unless there's drainage. Please do NOT put any HOT PACKS or ICE PACKS to your incisions due to risk of wound blisters.

JP drains to bulb suction. STRIP drains & record outputs three times a day. Please make sure you document EACH drain's 24 hour total SEPARATELY. EACH drain may be removed in the office if EACH drain has 24 HOUR TOTALS LESS THAN 30 ml for AT LEAST 2 CONSECUTIVE DAYS. Please call the Plastic surgeon's office when your drain(s) is LESS THAN 30ml in a 48 hour period PER DRAIN, for possible drain removal by the office nurse. (Note: Not all of the drains may be removed at the same time). Please bring your drain log during your visit in the plastic surgeon's office.

- Gently wash your incision **DAILY** with soap and water. Pat dry and leave open to air. Do not put any lotion or ointments on the incision. Do not scratch the incision.
- Some swelling and bruising around the incision is normal. Your muscles have been cut, separated and sewn back together as part of your surgical procedure. You will leave the hospital with discomfort from the surgical incision. As you become more active and the incision and muscles continue to heal, the swelling and pain will decrease.
- Do not soak or immerse your incision in water **for 1 month**. For example, no tub baths, swimming pools or jacuzzi.
- At your follow-up visit, the Nurse Practitioner or Physician Assistant will check your wound and remove any sutures or staples or steri-strips
- Call the surgeon's office if you notice any of the following:
 - **Increased redness along the length of the incision**
 - **Increased swelling of the area around your incision**
 - **Drainage from the incision**
 - **Leg swelling or calf tenderness**
 - **Nausea or vomiting**
 - **Fever above 101.5**