

### **Instructions for Post Office Procedures**

Remove the band aid the next morning. You may get the area wet. Shower over the area daily.

Bath soap and shampoo are fine. Sutures will be removed in 5-10 days. If you have drainage you may cover the area with a band aid but change the band aid daily.

If you do not have sutures - remove the band aid when you shower and apply antibiotic ointment to the area twice a day. Cover with a band aid and change the band aid twice a day. The area will usually heal within 7-10 days.

If you have a gauze or plastic coated dressing in place we will tell you when to remove this.

Remove dressing on \_\_\_\_\_.

After you remove the dressing you may shower and get the area wet.

If you have white steri-strips over your sutures keep these in place as long as they will stay in place. You do not need to replace these if they fall off.

You may apply ice to the area. Place ice cubes in a plastic baggy and cover with gauze, a washcloth or paper towel. This may reduce discomfort and swelling.

Use Tylenol as needed for discomfort. You may be given a prescription for pain medication.

No antibiotics are necessary unless prescribed by the physician.

Please call the office at 717-728-1700 if:

1. Throbbing, pounding pain not relieved by Tylenol or prescribed pain medication.
2. Excessive bleeding that saturates the dressing.
3. Temperature of 100 degrees or above.
4. Persistent nausea or vomiting.
5. Any rash or itching that develops suddenly.