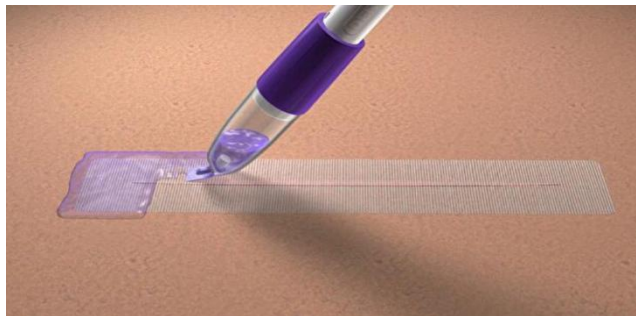


Dr. Phillips' Wound Care Instructions: Prineo® Dressing

Dr. Phillips placed a special dressing called Prineo® under sterile conditions in the operating room. This should remain in place for **at least 14 days**. Below is a 6 week roadmap for care of your incision after surgery.



Prineo® is a thin, flexible, window-screen-like material.



Skin glue is used. No sutures or staples will need to be removed.

*Images from J&J Ethicon

Days 1-14 After Surgery:

- You may discard the overlying bulky dressing and shower with your Prineo® dressing in place.
- Your dressing is water *resistant*, NOT waterproof. This means you can let water run over the dressing (no vigorous scrubbing, washcloths or loofas around it please!) and pat it dry.
- Do NOT soak the dressing under water (bath, hot tub, swimming pool, etc.).

Day 14 After Surgery - Removal of Your Prineo® Dressing:

- Your dressing will be removed at your first postoperative appointment (at least 14 days after your surgery).
- When your dressing is removed, steri-strips (thin, band-aid-like strips) may be applied to the incision to help relieve tension. You will no longer need to cover the incision with a bandage.
- You may remove steri-strips 7 days after your appointment. It is ok if they fall off before then – simply discard them.

Care of Your Incision 2-6 Weeks After Surgery:

- You may shower with the incision uncovered. Let warm soapy water run over the incision. Still no vigorous scrubbing, washcloths or loofas near your incision please! Gently pat dry with a towel.
- Do not put lotions, oils or ointments on or around the incision until **6 weeks** after surgery.
- Do not soak the incision under water (bath, hot tub, pool) or visit a sauna for **6 weeks** after surgery.

When to Call Dr. Phillips' Office About Your Wound:

- Minor drainage/spotting, warmth, redness and bruising are all normal.
- Peeling at the edges is also normal – please resist the urge to trim or remove the dressing.
- Please call Dr. Phillips' office if you are having persistent drainage, bright hot redness around the incision, or the dressing is full of liquid/leaks past the border. Please take a photo to show Dr. Phillips, remove the old dressing and cover with clean, dry gauze and paper tape.



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Dr. Phillips' Wound Care Instructions: Aquacel Ag® Dressing

Dr. Phillips placed a special dressing called Aquacel Ag® under sterile conditions in the operating room. This should remain in place for **7 days**. You will receive an extra Aquacel Ag® dressing to take home with you when you leave the hospital. Below is a 6 week roadmap for care of your incision after surgery.

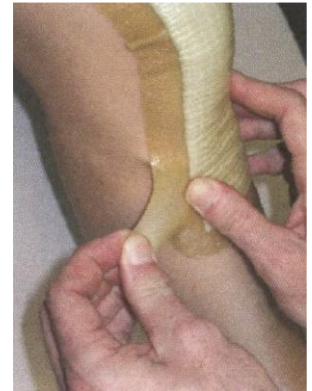
Days 1-7 After Surgery:

- You may discard the overlying bulky dressing and shower with your Aquacel Ag® dressing in place.
- Your dressing is water *resistant*, NOT waterproof. This means you can let water run over the dressing (no vigorous scrubbing, washcloths or loofas around it please!) and pat it dry.
- Do NOT soak the dressing under water (bath, hot tub, swimming pool, etc.).

Day 7 After Surgery - Dressing Change Instructions:

This extra dressing you received will replace the old one **7 days** after your surgery date:

1. Always wash your hands with soap and water before you touch near your wound.
2. Take off the old dressing (pictured to the right):
 - Put one hand in the center of the dressing and use your other hand to grab the edge and lift.
 - Free all the edges around the dressing then remove like a band-aid.
3. Discard the old dressing and wash your hands again.
4. Put the new dressing on by peeling off the backing and applying it like a large band-aid.



Day 14 After Surgery - Removal of Your Second Dressing:

- Your second dressing will be removed at your first postoperative appointment (at least 14 days after your surgery).
- When this dressing is removed, steri-strips (thin, band-aid-like strips) may be applied to the incision to help relieve tension. You will no longer need to cover the incision with a bandage.
- You may remove steri-strips 7 days after your appointment. It is ok if they fall off before then – simply discard them.

Care of Your Incision 2-6 Weeks After Surgery:

- You may shower with the incision uncovered. Let warm soapy water run over the incision. Still no vigorous scrubbing, washcloths or loofas please! Gently pat dry with a towel.
- Do not put lotions, oils or ointments on or around the incision until **6 weeks** after surgery.
- Do not soak the incision under water (bath, hot tub, pool) or visit a sauna for **6 weeks** after surgery.

When to Call Dr. Phillips' Office About Your Wound:

- Minor drainage/spotting (bottom left photo), warmth, redness and bruising are all normal.
- Please call Dr. Phillips' office if you are having persistent drainage, bright hot redness around the incision, or the dressing is full of liquid/leaks past the border (bottom right photo). Please take a photo to show Dr. Phillips, remove the old dressing and replace with your extra dressing.



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