

# Dr. Ennis' Wound Care Instructions After Surgery:

## Aquacel Ag® Dressing

Dr. Ennis will place a Aquacel Ag® antimicrobial dressing on your incision in the operating room. This dressing provides a protective barrier against pathogens. Below are instructions for care of your dressing and your incision after surgery.

### Showering/Dressing Instructions Days: 1 - 7 After Surgery

Keep your dressing in place for 7 days. You may shower with your Aquacel Ag® dressing in place. It is water *resistant*, but it is NOT *waterproof*. This means that you can let water run on the dressing in the shower and pat it dry with a towel. Never soak the dressing under water in a bathtub, hot tub, or swimming pool. In the first week, if the dressing is full of liquid and leaks past the border it needs to be changed earlier (follow directions below). If this occurs, please call our office to let us know.

### Dressing Removal/Change (if needed) Instructions

You may remove the dressing on day 8 after surgery. You may leave the wound open to air while in clean, dry places such as your home; otherwise, we recommend covering the wound with dry gauze and skin-friendly tape until you see us in clinic. Should you need to perform a dressing change (due to soak through that reaches the edges, damage to dressing, etc) during the first week after surgery, follow these instructions for the dressing change:

1. Always wash your hands with soap and water before you touch your incision or wound.
2. Take off the dressing (picture to right):
  - Put one hand in the center of the dressing
  - Use your other hand to grab the edge of the dressing and pull this part off.
  - Do this all around the edges of the dressing, this should break the seal.
3. Throw the old dressing in the trash.
4. There is no need to clean the wound, but you may pat dry any small oozing. Do NOT put any lotions, oils or ointments on the incision.
5. Wash your hands again and re-cover wound with clean, dry gauze and tape. (\*\*Note: do NOT shower with gauze and tape on – remove prior to shower and replace with new, clean gauze and tape after pat incision dry with towel)



### Showering with Your Incision

- Let warm soapy water run over the incision. Do not scrub it.
- Gently pat it dry with a towel.
- Do not put lotions, oils, or ointments on the incision.
- Do not soak the incision under water (bath, hot tub, pool) until you have received Dr. Ennis' approval – typically about 6 weeks after surgery.

### What is Normal/ Abnormal and When to Call Dr. Ennis' Office

- Minor spotting on the dressing is NORMAL and EXPECTED.
- Persistent drainage (i.e. continuous dripping of fluid, more than just a few spots) out of the dressing or out of the incision is not normal. Please call if this occurs.
- Redness and warmth around the incision are common and considered normal in most cases.
- Bruising and swelling anywhere in the thigh, knee, lower leg, and foot are NORMAL and EXPECTED.

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