

Associated Surgical Group, S.C.
7303 N. Knoxville Avenue Peoria, Illinois 61614
Telephone: #(309) 691-4005 or #(888) 691-4005

WOUND CARE INSTRUCTIONS

1. Cleanse suture line gently with soap and water, rinse and pat gently to dry.
2. Inspect wound daily. Call office for any redness, yellow drainage or hardness at incision line.
3. If there is drainage from wound, keep bandaged until it stops. Change as often as needed to keep wound dry. For bleeding, apply direct pressure for several minutes. If it still continues to bleed, please call the office.
4. Swelling and bruising are not uncommon after surgery. If you have concerns that this is excessive, please call the office.
5. Please call the office to schedule follow up care as instructed by the physician. The office hours are 8:30am until 5:00pm Monday-Thursday and 8:30am until 4:30pm on Friday. The office telephone is #(309) 691-4005 or #(888) 691-4005. If you are having problems after regular office hours the surgeon "on call" may be reached by calling the office, leaving a message and he will return your call.

WOUND HEALING TIPS

Everyone heals at a different rate. This can be due to factors such as nutrition, medications and other health conditions.

1. It is important to keep your wound clean. This also applies to anything that touches your wound, (i.e. clothing, dressings as well as your hands). Good hand washing is the single most important factor in preventing a wound infection. Please call the office if you have any questions about cleaning your incision or wound.
2. Nutrition also plays an important role in wound healing. In general, a good balanced diet will be sufficient, but protein and vitamin C are necessary ingredients to promote wound and skin repair. Supplements (i.e. vitamins or protein shakes) are generally not needed unless you are not able to eat a balanced diet.
3. The presence of other diseases (i.e. diabetes and/or poor circulation) also influences wound healing. If you are diabetic, your wound may heal a little slower but it will help if you keep your blood sugars under control and watch your diet. Circulation trouble may slow wound healing. Avoid wearing constrictive clothing and crossing legs. Smoking constricts blood vessels and contributes to atherosclerosis. The effects from cigarettes can last up to 16 hours on your vessels. If at all possible, stop smoking. If this is not possible, try to reduce smoking as much as possible.

General, Thoracic, Colon-Rectal, Vascular and Advanced Laparoscopic Surgery