

DR. JAMES LOWE'S DRAIN AND WOUND CARE INSTRUCTIONS

Days 2-5 Apply Polysporin or Bacitracin ointment sparingly to suture line after cleaning wounds or drain sites twice daily with soap and water or half strength peroxide for first two to three days only. If "Dermabond" or "Superglue" has been applied to your wound ointment is not necessary.

With permission, you may shower the second post-operative day, let the water gently hit the area, and blot dry. If you have drains you should shower at least every other day (<20minutes) until all drains are removed.

Measure and record each drain output separately in the evening every 24 hours. You may empty drains more frequently if they are getting full. Notify Dr. Lowe's office every 2-3 days with the approximate output from each drain. Strip drains as instructed twice a day and notify the office if evidence of infection (ie. fever, redness). You may be asked to come to the office for drain removal.

Apply iced gauze compresses if instructed to the wound area during the first 48 hours to reduce swelling. Elevate the operated area above the heart for at least one week if possible. The swelling and discoloration peaks at the third day and then decreases over the next five days.

Days 5-7 One half or all the sutures will usually be removed in clinic if indicated. Do not apply Polysporin or Bacitracin to wound thereafter. Wear Steri-strips or apply other products such as Mederma, Silicone Sheeting, or Silicone Gel for the next 3-4 weeks or longer if instructed.

Weeks 2-4 Continue to wear Steri-strips or other products at all times. The longer you use these products after surgery, the better the final appearance of your incision will be. It is okay to get any wound wet in the bath if all drains have been removed. Most of the swelling and discoloration should be gone.

Weeks 4-6 Apply Nivea or other over-the-counter moisturizer to wound site and massage the area two or three times a day.

Months 3-6 The scar will be re-evaluated at this time. Usually, scar revision will not be done until six to twelve months after surgery, if needed.

STRENUOUS ACTIVITY AND HEAVY LIFTING IS TO BE AVOIDED FOR AT LEAST 6-WEEKS. DIRECT SUN CONTACT ON THE SURGICAL SITE IS TO BE AVOIDED FOR 6-12 MONTHS. PLEASE USE A SUN SCREEN – SPF 15 OR GREATER WHEN IN THE SUN.

Call the office you have any questions or problems, or if you are having any signs or symptoms of infection (redness, fever, or drainage).

Our office phone is(405) 747-4227 and our nurse email is psdanurse@sbcglobal.net JBL

Drain Data Sheet

Drain#	1	2	3	4	5
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