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### Post Operative instructions for incision and drainage of an abscess

**Call and schedule your post-op visit to occur approximately 7-10 days after surgery.**

#### **Wound care:**

- 1) Remove outer dressing 24 hours after surgery,
- 2) Under the outer dressing you will find that your surgical wound is packed with gauze, you need to soak this area in warm water for 10 – 15 minutes and then remove the gauze. You will be instructed if you need to repack this area or just cover with gauze upon discharge. If you have questions or have problems removing the packing please call our office.
- 3) You may take a shower 24 hours after surgery unless otherwise instructed by your physician. You may not go swimming until the infection is cleared and your surgical site is closed.
- 4) You will feel a thickening of the skin and surrounding tissue for several weeks to several months after surgery.
- 5) Antibiotics need to be taken as prescribed until they are complete.
- 6) Dressings should be changed daily and more often if they become wet or soiled.

#### **Diet:**

You may advance your diet as tolerated after surgery.

#### **Activity:**

- 1) Normal daily activities are encouraged.
- 2) No driving until you are pain free and no longer using your pain medication.

#### **Drains:**

Drains are used occasionally after surgery to promote healing; these drains resemble a tube like piece of rubber that is secured by a suture. These drains will stay in place until your follow up appointment. These drains need to be kept covered with clean gauze. Change gauze as often as needed daily.

#### **Constipation:**

- 1) You should have a bowel movement within 3 days of surgery. If you are constipated, increase your water intake and use an over-the-counter stool softener such as mineral oil or a laxative such as Milk of Magnesia as directed on the bottle. Pain medication often causes constipation.

#### **Smoking:**

Smoking can cause a multitude of problems for a surgical patient, including the non-healing of a surgical incision and an increased rate of post operative infection. Please do not smoke for two weeks prior to and two weeks after surgery.

#### **Call our office if:**

- 1) You have a temperature of 100.5 degrees or higher.
- 2) You have shortness of breath upon exertion.
- 3) You are unable to urinate within 8 hours of surgery.
- 4) Your pain is not controlled with your pain medication.

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