

Caring for Your Surgical Incision

Proper wound care is an important part of your recovery. Until your surgical wound is fully healed, it is vulnerable to infection and accidental opening from rubbing or scraping. With appropriate wound care, you can prevent these situations. Following these tips and instructions as well as those from your surgeon will reduce your risk and promote good wound healing.

- Keep the incision free of dirt and debris.
- Practice good hand hygiene before and after any incision care:
 - Wash hands with soap and water for 40-60 seconds, taking care to wash all parts of your hands including finger tips and in-between fingers.
 - A waterless hand hygiene product such as Purell can be used as an alternative to soap and water if your hands are not visibly dirty. Rub hands for 20 – 30 seconds.
- Find a quiet area without pets or small children when changing your wound dressing.
- DO NOT scrub or wash the incision.
- DO NOT soak or submerge the incision in bath water, hot tubs or other non-sterile water sources until after a follow up appointment with your surgeon.
- Follow your physician's specific discharge instructions.