



## Patient Information: Open Wounds

by Dr. Jose Erbella

<b>Procedures</b>	<b>Abscess Incision &amp; Drainage, Skin Wound Debridement</b>
<b>Wound Care</b>	The wound(s) may be packed with small strips of gauze (Nu-Gauze) or 4x4 gauze. Remove any dressing(s) & packing in 24hrs. Wash the wound gently in the shower with soap & water and re-pack the wound with either Nu-Gauze (or 4x4 gauze) twice daily.
<b>Visiting Nurse</b>	You may be assigned a visiting nurse to help with wound care once per day, so try to time your shower with their arrival.
<b>Shower</b>	You may shower 24 hours after surgery & get the wound wet with soapy water and gently pad it dry.
<b>Antibiotics</b>	You will most likely be given a prescription for an antibiotic to take for 5-14 days.
<b>Pain Medications</b>	You will be given a prescription for a narcotic pain medication (usually <b>Lortab</b> or Percocet). <b>Consider taking a pain pill 30 minutes prior to a dressing change</b> or your next office visit. Options for non-constipating pain medications include products that include Ibuprofen or Tylenol. To combat constipation, you may take a stool softener ( <b>Colace</b> ) twice each day.
<b>Activity &amp; Work</b>	Do not return to work, do any heavy lifting (more than 10 pounds) or vigorous exercise until cleared by your surgeon.
<b>Driving</b>	No driving for 48 hours or while taking pain medications.
<b>Diet</b>	You may eat anything you desire. If your throat is sore, try eating soft foods.
<b>Physician Appointment</b>	Call (941) 896-4788 to make your post-operative appointment to see Dr. Erbella in <b>1 week</b> or if you have any questions.
<b>Biopsy Results</b>	It normally takes 3-5 working days to process any biopsies that may have been taken by our pathology lab. This usually works out well so we can review your pathology with you on your follow-up visit.
<b>When to call your Surgeon</b>	Persistent fever over 101.5 degrees F (39 C). Pain that is not relieved by your medications. Persistent nausea or vomiting. Persistent cough or shortness of breath. Purulent drainage (pus) or bleeding from any incision or wound. Redness surrounding any of your incisions or wounds that is worsening or getting bigger. If you are unable to eat or drink liquids.
<b>In Case of Emergency</b>	Dr. Erbella is available 24hrs a day. You may call either our office (941) 896-4788, your nearest emergency room at Blake, Lakewood Ranch or Manatee Hospitals or Dial 911.