

- Wear loose fitting clothes to the hospital and during recovery.
- Take your pain medication as scheduled especially during the first 3 days for moderate to severe pain.
- Narcotic pain medication can cause constipation. Take stool softeners or fiber to avoid this.
- Remove all dressings before showering.
- Avoid tub baths for two weeks.

For OPEN wound:

- One day after surgery remove the dressing.
- Loosely fill the open wound with gauze dampened in saline. Then cover with dry gauze and secure with paper tape.
- Change the dressing as described above every 12 hours.
- Do not re-wet the gauze before removing it.
- As your wound heals, it will gradually fill in from the bottom up to skin level and grow new skin.

For CLOSED wound:

- Remove your dressing 48 hours after surgery.
- You may shower after 48 hours.
- After showering, pat the wound dry.
- Do not apply any creams or ointments to the wound.
- For comfort, you may keep your wound covered with a dry gauze, but change it daily.

Call your doctor if you develop signs of infection:

- Increasing redness.
- Increasing pain.
- Fevers.
- Foul drainage.

After complete healing:

- It is normal to feel the sensation of deep pulling in the wound for several weeks.
- It is normal to feel itchy and tender lasting up to 6-18 months.
- Avoid activities that rub area.
- Avoid wearing thongs.
- Avoid chronic moisture to the area. Keep it dry.