

# GLUSEAL POST OP

F/U APT DATE:

TIME:

1. Keep the first pressure dressing dry for 36-48 hours.
2. Use ice packs to control swelling and bruising for the first 24 hours (frozen bags of peas or corn work as well). Try to do this at least 15-20 minutes every hour while you are awake.
3. If bleeding should occur, apply firm, uninterrupted pressure with clean gauze for 30 minutes. Do not use a large towel or wash cloth. If bleeding stops, do not remove the dressing at this time. Gently clean around the dressing and reinforce it with extra tape and call our office on the next business day to arrange re-application of your GluSeal. If bleeding does not stop, please call the office, or go to the nearest emergency room.
4. If the doctor prescribes an antibiotic pill, take it until it is all gone. If you have any side effects (rash, diarrhea, nausea, or vomiting), please call the office.
5. Take Tylenol, Advil, Motrin, Ibuprofen, or Aleve every 4-6 hours as needed for discomfort.
6. Expect some swelling, redness, pain and/or tenderness around the wound that should gradually decrease within a few days. If your surgery was on your face, keep your head elevated on two pillows. It is not unusual to have eyelid swelling/bruising if surgery was on the mid or upper face.
7. Keep your head above your heart. No aerobic exercise or weightlifting for at least two days (ask your physician for specific instructions).



8. If your wound is on your leg, wear firm support hose and walk frequently to keep good circulation flowing through your legs and keep your leg up while sitting. Please continue to wear your compression sock or sleeve for 2 weeks AFTER the gluesal falls off.
9. Notify our office if all or most of the adhesive comes off at once within the first 3 days.
10. Do not swim in pools/hot tubs without a waterproof covering while the skin adhesive remains on the wound, since it is dissolved by chlorine.
11. For cosmetic purposes or to protect from prolonged sunlight, you may cover your site with a band aid or non-stick dressing and tape, but do not apply anything to the site such as topical antibiotics, lotions, creams, or make up. Oils will cause the skin adhesive to come off prematurely. Also, be sure the tape is not applied too closely to the glued area as this may cause the skin adhesive to be pulled off when the bandage is changed.
12. If the adhesive begins to peel, do not pull it off or pick at it. Please allow it to fall off naturally. This can take up to 2 weeks. Once the adhesive has completely come off and the wound has healed over, begin using sunscreen to prevent darkening of the scar.
13. If swelling, redness, and/or tenderness of the surgical site persist for more than a few days, contact our office. These symptoms could represent an infection.