

BEN SERVICE, M.D.
BOARD CERTIFIED ORTHOPEDIC SURGEON
Shoulder and Elbow Specialist

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Orlando Health Orthopedic Surgery

Wound Care: Staples

You had a standard closure with **staples**.

Keep the incision clean and dry for until the **4th day after surgery**.

Please DO	Please Do NOT
<ol style="list-style-type: none">1. Change the bandage to dry gauze (4x4's) dressings daily and as needed, starting 4 days after surgery. Hold the gauze in place with medical tape or coverlet.2. Keep the incision covered with gauze for 2 weeks.3. Remove dressing before showering on the 4th day after surgery and place fresh dry gauze when skin is dry after showering.4. Hold the gauze in place with Medipore tape.5. Examine the incision daily for: redness, opening, drainage of fluids (blood, pinkish fluid, or pus), and swelling.	<ol style="list-style-type: none">1. Please do not place cream or ointment on incision.

- If there is an emergency, please call **911**.
- If you are concerned about the incision, please call our office immediately at 321-842-0060.
- If you have an urgent concern about the wound during non-business hours
 - Call the Orthopedic resident on call at **321-842-0060, option 2, & option 2 again**.

Showering

Please DO	Please DO NOT
<ol style="list-style-type: none">1. Please cover incision site with plastic wrap if taking a shower during the first 3 days after surgery.2. Let the soapy water run over the incisions—do not scrub. Pat dry and allow to air dry about 10 minutes before placing new dressings.3. Replace the bandage with clean dry “4 x 4” gauze bandages and hold the gauze in place with medical tape.4. On the 4th day after surgery, you can shower with the incision wet.	<ol style="list-style-type: none">1. Do not swim or bathe with the surgery site or incision(s) under water until cleared in the office.

Staple Removal

Staples should be removed in the office **2 weeks after surgery** and replaced with steri-strips. If the incision is well healed, normal skin care can start **3 weeks after surgery**.

Disclaimer: These instructions are for education purposes only to highlight the types of post surgical instructions that are given out by Dr. Service on a case by case basis.