

Post-op Instructions for Minor Procedures:

Care of your wound following even the most minor procedure is important. Different wounds are closed in different ways, so Dr. Kundhal will give you instructions regarding how to manage your wound in the days after the surgery at the time of your procedure.

Here are some general instruction which apply to most minor procedures Dr. Kundhal performs

1. The local anaesthetic will wear off in the hours after the procedure. When the local anesthetic has worn off, you may need some Tylenol for pain control after that which is over the counter. Typically you can take 1-2 tablets of Tylenol every 6 hours or so.
2. If there is any bleeding from the wound, put firm pressure directly over the wound with clean tissues. You can't do any damage with some firm pressure. Look at the clock and hold the pressure for at least 10 minutes. Normally this is enough to stop any bleeding. You may need to repeat this. If the bleeding continues, contact Dr. Kundhal's office or go to the nearest Emergency Room if the bleeding is not stopping.
3. If there is excessive redness, irritation or any signs of possible infection, please contact Dr. Kundhal's office.
4. NO swimming and NO heavy exercise for at least 1 week after the surgery.
5. Some wounds can be closed with dissolving stitches under the skin. These tend to be wounds on the neck, back, chest or abdomen. Dr. Kundhal will normally dress these wounds with a steri-strip dressing/ You will usually be allowed to shower lightly over the steri-strips from the day after your procedure and then pat the tape dry. Leave the steri-strips on. DO NOT PEEL IT OFF. They usually fall off 10-14 days after the procedure. If they have not fallen off in 14 days, you can remove them yourself.

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6. Some wounds are closed with stitches which need to be removed a week or so after the surgery. Dr. Kundhal uses these external stitches particularly on the scalp. You will be allowed to shower straight over the stitches from the day after your procedure. Please apply Vaseline to the wound twice a day. This keeps the wound moisturised.

7. For Toenail Procedures:
 - a. Keep your foot elevated for the first 24 hours after the procedure
 - b. Remove dressing from toe in 24 hours
 - c. Soak foot in warm salt water for 10 minutes daily for two weeks
 - d. Apply polysporin ointment twice daily
 - e. Wear loose fitting shoes and socks after the surgery