

Wound Care After Day Surgery

There are 2 layers of dressings on your incision.

Top Layer

- The top is a white or see-through bandage that is not completely waterproof. You can shower while these are in place, and then just pat the dressing dry after.
- The top layer of dressing can come off after 3 days. It's easiest to remove this in the shower when it is wet.

Bottom Layer

- The bottom layer is made up of paper tapes called SteriStrips (see picture)
- These can stay on the wound for 10-14 days
- If they peel off with the top layer, it's ok. If they don't, leave them in place for 10-14 days and then stand in the shower to make them wet and peel them off
- We do not suggest applying any ointment or cleaning solution to your wounds
- Washing gently with light soap and water is sufficient



Signs of Infection to Watch For:

- Spreading redness. Some redness is normal, but if the redness spreads beyond the borders of the incision and onto the surrounding skin this may be a sign of infection
- If the pain at the wounds is increasing over time instead of decreasing
- If there is pus coming from the wounds
- If you have fevers

If any of these signs of infection occur, please call our office if it is during business hours, or go to the RVH emergency room so you can get a prescription for antibiotics.

Office Phone #: 613- 432-7201