

TOP SUTURES

POST OP WOUND CARE INSTRUCTIONS

- After surgery, try to spend the remainder of the day quietly resting. Limiting your exertion and movement will give you the best chance of keeping your wound closed and avoiding bleeding.
- Always wash your hands with soap and water before caring for the surgical site.
- You will leave our office with a pressure dressing in place
 - Keep this dressing clean, dry, and in place for _____ hours.
 - After _____ hours, remove our dressing (wetting the dressing at this point can help if it is stuck to your surgical site)
- Once our postoperative dressing is removed, begin cleaning the surgical site every day as follows
 - ❖ Combine 1 teaspoon of white vinegar with 1 cup of water
 - ❖ Soak a cotton ball, q-tip, or clean soft cloth in the vinegar solution, then gently place on the wound for about 2 minutes
 - ❖ Pat the area dry with a clean, dry cloth or gauze (avoid rubbing)
 - ❖ Repeat this process for 2-3 weeks
- After cleaning the wound, keep the area moist with Vaseline and covered with a bandage while the top sutures are in place
- It is ok to bathe and shower normally after the initial postoperative dressing comes off
- If desired, apply ice under a washcloth for 20 minutes on and 10 minutes off for the first few hours after surgery to minimize bruising and swelling. (If the surgery is on your face, you may experience black, swollen eyes the first week after surgery).
- Some bleeding and oozing is normal. If you experience excessive bleeding after surgery, apply firm pressure on the dressing for 20 minutes without peeking. If the dressing is completely saturated, remove it and place clean gauze or towels over the site before applying pressure. If bleeding does not stop after 20 minutes, contact our office.
- Pain and swelling at the surgery site are normal. This can be alleviated by keeping the site elevated. If surgery was on the head, neck or face, avoid stooping, bending or heavy lifting and sleep with your head elevated on several pillows. You can take Tylenol 500mg every 4 hours and Ibuprofen 600mg every 6 hours for pain (As long as you have not been told by another doctor that you can't take these medications)
- Infection: Some redness of the wound edges is normal, but if this drastically increases and is associated with worsening swelling, yellow/green drainage, or increased pain with fever and chills, please contact our office.
- Wounds on the lower legs may be red and swollen for weeks to months after surgery.
- Initially, your scar may be very noticeable. Over 3-4 months, the redness will fade from the scar and any irregularities/puckering will diminish. Be sure to keep your

scar out of the sun (and wear sunscreen). Prolonged sun exposure can interfere with your scar's healing.

- Silicone scar products have been shown to improve the appearance of surgical scars. Several products are commercially available containing SPF 15-30.
 - ❖ This is optional, but if you plan on using one of these products, start applying 4 weeks after your surgery