



Wound Care Instructions

Following the advice below will increase your chances for a speedy and uncomplicated recovery. If you do not understand the advice given, please contact our office for further explanation.

Bandage Care

Your bandage (bandaid or gauze) should be removed the morning after your office visit. We would like you to clean the wound with soap and water; then apply vasoline or an over-the-counter antibiotic ointment. Repeat this once or twice a day for 3 days. You may cover the wound with a bandage. You can remove the bandage at night, if you wish. If the bandage gets wet, replace it with a dry one.

Watching for Infection

The edges of a healing wound may be slightly red. Redness is normal, but call the office if the redness is increasing or if it spreads more than half an inch from the wound. Call if you see pus in the wound or if the wound is more than mildly tender or painful.

Bleeding

If your bandage becomes saturated with blood, replace it with dry gauze or another bandage without ointment. Applying pressure directly to the wound for 5 minutes stops most bleeding. If the bleeding persists despite these measures, call the office.

Bathing

Keep the incision clean and dry for the first 24 hours. Take a sponge bath if you cannot adequately protect the wound from water. You may take a shower starting on the second day. If you want to take a bath or swim, please wait until the fifth day. Gently towel dry the wound after washing.

Sun Exposure

A healing scar will darken and become more noticeable if it gets sunburned. Limit your sun exposure to the healing area for the first 6 months after surgery, or use a sunscreen (SPF 15 or higher).

Tension on Your Scar

Limiting movement of your incision improves healing. Avoid activities that could cause your scar to pull apart. Your doctor may ask you to avoid lifting, straining, exercise or sports for the first month after surgery. Check with the office if you are unclear about any restrictions.

Stitch Removal

If you have stitches...your doctor or nurse will remove stitches that don't absorb into the tissues. These are the ones that are visible outside the wound. Most stitches are removed in 5 days to 2 weeks after surgery, depending on where they are located and how quickly you heal. Stitches will itch after a few days. Be careful not to rub and irritate them. Please let us take out the stitches. It gives us an opportunity to evaluate the wound before the stitches are removed.

You may have special tape (steri-strips) applied after the stitches are taken out. This will provide additional support to the healing wound. The tape can be removed after 7 days if it has not already fallen off.

Patience

Remember, it takes about 6 months for most wounds to completely heal and be less noticeable. Your extra effort will increase your chances for a good result.

