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Wound Care Instructions – Sutured Wound

- No strenuous activity for 48 hours.
- Resume moderate activity after 48 hours.
- No aspirin or other over the counter products that contain aspirin and other blood thinners for 48 hours. Take Tylenol or aspirin free pain relievers as needed for discomfort.
- No heavy exercising for 2 weeks.
- No alcoholic beverages for 48 hours
- Continue taking all prescribed medication.
- Remove bandage in 24 hours

Wound Care After 24 Hours (until suture removal):

- Clean area with hydrogen peroxide or Hibiclens (an antiseptic available at most pharmacies).
- Dry the wound.
- Apply antibiotic ointment to the wound.
- Cover the wound with a fresh bandage.
- **Note:** Covered wounds heal faster and with a better cosmetic result.
- **Note:** The best time to change the bandage is after a shower as the bandage will get wet during the shower. Keep the wound covered while you shower.
- If the tape becomes soiled or starts to come off, reinforce it with additional paper tape.
- Do not smoke for 3 weeks; smoking is detrimental to wound healing and may cause the graft (if applicable) to die.
- It is normal to have swelling and bruising around the surgical site. The bruising will fade in approximately 10-14 days. Elevate the area to reduce swelling.
- Numbness, itchiness and sensitivity to temperature changes can occur after surgery and may take up to 18 months to normalize.



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POSSIBLE COMPLICATIONS:

Bleeding - If this occurs do the following:

- Leave the bandage in place.
- Use rolled up gauze or a clean cloth to apply direct pressure over the bandage for 20 minutes straight.
- Reapply pressure for an additional 20 minutes if necessary.
- Call the office or go to the nearest emergency room if pressure fails to stop the bleeding.
- Use additional gauze and tape to reinforce the bandage once the bleeding has stopped.

Pain

- Post-operative pain should slowly get better, never worse.
- A severe increase in pain may indicate a problem. Call the office if this occurs