

FLAP & SUTURED WOUND CARE INSTRUCTIONS

- Leave bandage in place and completely dry for 24 hours.
- After surgery go home and rest. Too much movement can pull the sutures and start bleeding.
- For the first week following surgery take it easy: Do Not do any heavy lifting or strenuous exercise. Do Not bend over if your sutures are on the head or face.
- After the first 24 hours, you may gently remove your bandage.
- If there is dried blood on or around your suture line you may gently remove it with a little water or peroxide on a Q-tip. Do not force any crust off. Do not scrub the suture line.
- After 24 hours it is OK for the wound to get wet. Avoid the direct spray of the shower. It is NOT ok for the wound to be submerged in water, so no swimming or baths.
- Daily, apply a thin layer of Vaseline or antibiotic ointment (eg. Polysporin) to the suture line. Cover with a bandage if you wish. It is ok, however, to leave the sutures uncovered if you prefer.
- **If bleeding occurs** at anytime, hold firm pressure for 20 minutes without peeking. If bleeding persists contact our office. **If you are unable to reach us and the bleeding is profuse or will not stop call 911 or go to your nearest emergency room.**
- After the sutures are removed apply sunscreen daily to the scar. For 6 months after surgery your scar is still maturing. Daily application of sunscreen can help prevent permanent darkening of the scar.
- Several weeks after the sutures are removed, gentle massage with vaseline, aquaphor or vitamin E oil can help soften the scar and release adhesions.