



Wound Care Instructions

1. Keep bandage dry and in place for 24-48 hours. After the bandage is removed, each day clean the area with soap and water (as in the shower), pat dry and apply a thin coat of ointment (such as Aquaphor). Keep ointment on the site without allowing a dry crust to form. You may apply a light bandage/dressing daily if desired. Avoid hydrogen peroxide as this will dry out the wound.
2. For pain, take acetaminophen (such as Tylenol) as directed. Avoid NSAID's (ibuprofen, aspirin, naproxen, etc.).
3. If you notice any bleeding, place firm, continuous pressure on site for 10-15 minutes. Call us if bleeding does not stop easily with pressure.
4. Keep the site of the surgery elevated as much as possible. For head and neck, sleep on 2 pillows with side of surgery facing up. For leg, keep leg elevated above the level of the hips.
5. Refrain from activity that will elevate heart rate for 24-48 hours. Do not lift more than 10 pounds for 2 weeks.
6. Avoid swimming and submerging your body in water (river, lake, hot tub) because of the risk of infection for 2 weeks.
7. As the wound heals there may be some scarring. This may be pink, purple, white, or hyperpigmented (darker than skin color). It normally takes about 1 year for a scar to fully mature.
8. Avoid exposing the site to the sun. Sun exposure may cause delayed healing and increased risk of scarring. Sunblock should be applied to a healing wound and scar. SPF 30+ is recommended.
9. Red streaks, pain, swelling, warmth, and drainage may be signs of infection or other concern. If this occurs, please call our office immediately for an urgent wound check appointment.

Please call our office with any questions, or send a message to your provider through your patient portal (see reverse for instructions).

Remember to schedule a suture removal appointment if needed.