

WOUND CARE INSTRUCTIONS

- Days 1-3 Clean sutures/wound site with half strength peroxide solution two times daily. Apply Polysporin or Bacitracin ointment sparingly to suture line after cleaning with peroxide solution, twice daily for three days. With permission you may shower on the second postoperative day. Let the water gently hit the area and blot dry.
- The swelling and discoloration peaks at the third day and then decreases over the next five days.
- Days 5-7 Sutures will be removed and steristrips applied.
- Weeks 2-4 Most of the swelling and discoloration should be gone.
- Weeks 3-6 Apply Nivea moisturizer (or similar over-the-counter lotion or cream) to wound site and massage area 2 to 3 times a day.
- Months 3-6 The scar will be re-evaluated at this time. Usually scar revision will not be done until six to twelve months after surgery, if needed.

STRENUOUS ACTIVITY AND HEAVY LIFTING IS TO BE AVOIDED FOR AT LEAST 6 to 8 WEEKS FOLLOWING SURGERY. DIRECT SUN CONTACT ON THE SURGICAL SITE IS TO BE AVOIDED FOR 6 to 12 MONTHS. PLEASE USE A SUNSCREEN OF SPF20 OR GREATER AND ZINC OXIDE WHEN IN THE SUN.

Call the office if you have any questions, if problems should arise, or if you are having any signs or symptoms of infection (i.e., redness, fever, or drainage).

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