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(704) 341-0090 (Ballantyne) (704) 821-0615 (Indian Trail)

Wound Care Instructions (Sutured Wounds)

1. After surgery, a pressure bandage has been applied to help prevent bleeding and should remain on for 24 hours
2. Do not drink any alcoholic beverages, take any aspirin or Vitamin E for another 24 hours. **No smoking!**
3. Do not get the dressing wet or remove for 24 hours.
4. After 24 hours, remove the bandage. Steri-strips (small white strips) if applied support repair and should remain in place. Soak over the top of the strips or wound with tap water. Dry the site gently. Apply vaseline ointment over the strips/wound. Then cover the wound with a non-stick pad (Telfa) and micropore paper tape.
5. If the strips fall off before your return visit, do not worry. You do not need to replace them.
6. Clean the wound once daily
7. **Activity** increases the potential for bleeding and pain by increasing blood flow to the surgical site. On the day of surgery, **go home and take it easy**.
 - a. Avoid heavy lifting, bending, straining, or other strenuous activity over the next 1-2 weeks, or anything which causes an increase in your heart rate above resting or minor activity rates.
8. **Bleeding**-Careful attention has been given to your wound to prevent bleeding. You may notice a small amount of blood on your bandage the first couple of days. This is normal.
 - a. However, if bleeding is persistent and soils the bandage, apply firm and steady pressure over the wound for 20 minutes.
 - b. If bleeding continues call our office. In the rare event you can't reach your physician, go to the nearest emergency room.
9. **Pain** is related to swelling and should be minimal when the following steps are taken:
 - a. Apply an ice pack over the bandage for 15-20 minutes every 2 hours.
 - b. Tylenol, 2 tablets every 4-6 hours as needed is usually sufficient.
10. **For areas on the head and neck:** Head needs to be elevated on 2 pillows for the next 2-3 days to decrease swelling. It is perfectly normal to have bruising, swelling and/or discoloration around the surgical site, especially when performed around the eye.

Contact your physician for any problems such as pus, fever, red streaks, or a large area of redness or tenderness (pain) around the wound site. If at anytime you are concerned about how your wound is healing, please contact our office at (704) 341-0090.