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### **PATIENT INSTRUCTION SHEET FOR WOUND CARE**

- The wound should be kept covered if possible and ice cold compresses applied for the first 2 days. This helps to reduce the swelling. Dressings should be kept on at night.
- If your wound was closed with Dermablond glue then you do not need to clean it as described here. Just try to keep it dry for 2 days.
- ***Clean the wound with hydrogen peroxide using Q-tips or cotton balls and apply antibiotic ointment (Bacitracin) or if Allergic use Aquaphor to the area 3 times a day for 2 weeks following the repair.***
- Keep the area dry for 2 days after surgery.
- Take antibiotics/decongestants/pain medications as prescribed. Avoid taking Aspirin.
- Observe for signs of infection; such as fever, swelling, redness, heat or pus-like discharge, if present notify Dr. Janjua.
- If the wound is in the area of a beard or mustache, don't shave it around the wound. Usually you can shave with an electric shaver or cut hairs with scissors after suture removal.
- The sutures can usually be removed after 5-7 days. If you cannot come to see Dr. Janjua for follow-up, please contact your family physician/local surgeon/plastic surgeon for suture removal and future follow-up.
- No gym for 1 week and no contact sports for 3 weeks.
- Do not smoke as it can interfere with the healing.
- Make-up can be applied 1 week after surgery.
- Avoid exposure of the wound to direct sunlight for 1 year from the day of surgery, as this may cause prolonged redness and hyper pigmentation.
- Starting 2 weeks after the injury, gently massage cocoa butter or Vitamin E or a silicon gel into the scar 3 times a day for 3 months.
- Most scars remain red or pink for 2-3 months from the date of surgery. It takes 9 to 12 months for the scar to fully mature and heal completely.
- If you have stitches in your mouth then rinse your mouth with half saline and half hydrogen peroxide solution. To make saline solution, add 1 tsp. salt to 1 pint of water. Stay on full liquid/soft diet for 3-5 days then gradually resume regular diet.
- Check with your pediatrician or family physician if you need a tetanus injection.
- Call my office if you are having any problems or have any questions and to make a follow-up appointment.

**Visit us on the web [www.facialplastics.net](http://www.facialplastics.net)**



## **Wound Care 2 Weeks After Procedure or Surgery**

Please follow this routine:

1. Apply sunscreen on the incision areas every day even if it is cloudy.
2. In the evening use Q tips and cocoa butter with Vitamin E made by palmers to massage the incisions for 5 minutes each side for total of 3 months.
3. At bed time clean the incisions and apply liquid ScarAway Silicone gel for 3 months.