

SkinCare Physicians
1244 Boylston Street
Chestnut Hill, MA 02467

Wound Care Instructions Following Surgery

1. Please leave your initial pressure dressing on for the first 24 hours after surgery. Keep it clean and dry. Do not get the dressing wet.
2. After 24 hours remove the dressing that was placed on your skin at the time of surgery.
3. After removing the dressing, wash the wound *gently* with soap and water. Current research has shown that scab formation actually inhibits wound healing and leads to more noticeable scars. This is contrary to the old belief that many of us grew up with; that scabs were “good.” **Do your best to prevent scab formation!** If a scab forms, gently remove it by using one part hydrogen peroxide mixed with two parts water.
4. After cleaning the wound, put a small amount of Aquaphor Healing ointment directly on the wound using a fresh Q-tip. Then cover the wound with a clean non-stick dressing or bandaid.
5. Repeat this procedure Once or Twice a day (morning and evening) until you return for your follow-up visit and suture removal. Sutures on the face will remain in for one week and two weeks on the body.
6. You may take Tylenol (acetaminophen) for any post-operative pain you may experience. Please avoid alcohol and aspirin-containing products for 48 hours after your surgical procedure because these can increase the risk of post-operative bleeding. This includes Ecotrin, Bufferin, Motrin, Advil, Nuprin, Ibuprofen, etc.
7. The area will be swollen and may be black and blue, this is normal and should not alarm you. If your wound is close to the eye area your eye may be swollen shut in the morning.
8. Please avoid any exercise while sutures are in place. Walking is fine, but any activity that makes your heart race or makes you sweat should be avoided. Exercise can increase your blood pressure and cause bleeding. Also avoid swimming until sutures are removed.
9. If you notice any bleeding after your surgery, place firm pressure over the wound for 20 minutes straight using a dry towel or washcloth. Do not remove the dressing. Once the bleeding has stopped, you may reinforce the dressing with some gauze. If the bleeding does not stop, then call us immediately.
10. If your wound becomes red, warm, painful, begins to drain, or if you develop a fever of 101°F or greater, please contact us.

Your sutures will be removed by a member of our clinical staff on _____ @ _____ am/pm

If you have any questions during normal business hours, please call **(617) 383-8201**, or at other times call the cosmetic surgery fellow on-call at **(617)-777-0716**.