

Post-Operative Visible Suture/Wound Care:

Supplies Needed For Post-Treatment Care:

- Gentle cleanser (such as Cetaphil)
- 3% Hydrogen peroxide
- Vaseline or prescribed antibiotic ointment
- 4"x4" (10x10cm) gauze
- Non-stick gauze and tape for dressing changes
- Ice packs

Instructions

- Apply pressure with an ice pack/frozen peas/corn to the area immediately following your procedure
 - 10 minutes on, 2 minutes off for the remainder of the day following the procedure
- Get plenty of rest.
- Follow balanced diet.
- Decreased activity and taking pain medications, may promote constipation.
 - You may want to add more fiber to your diet, and increase fluid intake.
 - For the first 48 hours following the procedure, if you need to bear-down during a bowel movement, please apply pressure to your incision site to avoid any backpressure bleeding.
- Take pain medication as needed.
- Do not drink alcohol while taking pain medications and antibiotics. Even when not taking pain medications, if possible avoid alcohol for 1 week as it causes fluid retention.
- If you are taking vitamins with iron, resume these as tolerated.
- Do not smoke, as smoking delays healing and increases the risk of complications.

Activities

- Start walking as soon as possible, as this helps to reduce swelling and lowers the chance of blood clots.
- Do not drive until you are no longer taking any pain medications (narcotics).
- Avoid activities that raise your blood pressure, including bending, lifting and rigorous sports.
- Try not to bend over at the waist and DO NOT lift over 20 pounds for the first week.
- You may resume exercise in 10 days and swimming in 3 weeks.
- Return to work in 2-7 days based on how you feel.

Incision Care

- You may shower 48 hours after your procedure.
 - You do not need to delay washing any area that was not operated on – i.e. you may wash your body if you had a procedure at your head and neck
- For the first 2 days after surgery, cleanse the incision site/suture line with 3% hydrogen peroxide on Q-Tips in a rolling motion to remove any crusting. (This will promote healing and minimize the final scar line.)
- Do this 2 – 3 times per day.
 - If needed, you can place a gauze soaked in 3% hydrogen peroxide on the wound and let it sit for 5-10 minutes to help lift off some of the crusting.
- Apply Vaseline or a prescribed antibiotic ointment (i.e. Fucidin™ or Mupirocin), after each cleansing 2 – 3 times per day.
 - The goal is to keep the wound continuously moist – try to avoid letting it dry out
 - Avoid Polysporine™
- After 2 days of cleaning with 3% hydrogen peroxide, you may clean the area with mild soap (for example, Dove, Cetaphil, or Spectro Gel) and then use Vaseline or antibiotic ointment 3 times per day
- 1 week after the sutures have been removed you may purchase and apply Silicone Scar Gel
- Avoid exposing the scar to the sun for at least 6 months, using a strong sunblock, if sun exposure is unavoidable (SPF 30 or greater).

What To Expect

- Maximum discomfort should occur in the first few days, improving each day thereafter.
- It is normal for blood to weep from the wound for the first 48 hours.
 - Should brisker bleeding occur, apply finger pressure to the wound for 10 minutes
 - If this fails to stop the bleeding, please call us or proceed to your local Emergency Department for evaluation.
- You may apply ice (ice-pack or ice in a ziplock bag) to the wound for the first 24-48 hours to help with pain and decrease bruising.

Appearance

- Bruising and swelling will gradually decrease over 1-2 weeks.
- Red and bumpy incision lines are normal concerns and will go away with full healing.
- Healing is a gradual process and your scars may remain slightly pink for 6 months or more.
- Tiny whiteheads may appear after stitches are taken out and can be easily removed
- Facial makeup can cover up bruising after the sutures are removed.
- 1 week after the sutures have been removed you may purchase and apply Silicone Gel which may improve your scar

Follow-Up Care

- Blue sutures should be removed according to Dr. Brandt's instructions
- Dissolvable stitches (if used) will absorb within 2-3 weeks.

When To Call

- If you have increasing swelling or bruising.
- If you have increasing redness along the incision.
- If you have severe or increased pain not relieved by medication.
- If you have an oral temperature over 38°C
- If you have any yellowish or greenish drainage from the incisions or notice a foul odor.
- If you have bleeding from the incisions that is difficult to control with light pressure.
- If you have loss of feeling or motion.

Feel free to email with any questions at info@drbrandt.com

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