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## POST-OPERATIVE INSTRUCTIONS

### Wound Care

#### CARE AT HOME

Wound care should be performed 4 times a day for the first two 2 days. The site may need to be cleaned more frequently if there is oozing. *Keeping the site free of crusting is very important to reduce the risk of infection and minimize scar formation.* Do not take coumadin, aspirin, plavix, ibuprofen and other medications that increase the risk of bleeding for 3 days.

Clean site by:

1. Rolling a Q-tip soaked with hydrogen peroxide over the incision site. If a crust has formed, remove this by repeating this step until removed.
2. Using a clean, dry Q-tip, cover the incision with a light coating of Bacitracin ointment.

After the second day, clean the site in the morning and evening only. You may shower and wash your hair, but after the area should be patted dry with a clean towel or blown dry with a hair dryer on the cool setting. If you are afraid that the wound will become dirty, a band-aid or gauze covering may be used. Please apply these loosely.

The incision area must be kept protected from sunlight for at least 3 months, both with sunblock as well as physical barriers (hat, scarf, etc). Without such protection, sunlight exposure may lead to hyper-pigmentation.

If you experience any discomfort after the surgery, taking Tylenol (acetaminophen) should give you relief. If this does not make you comfortable or you notice any signs of infection at the site (redness, swelling or drainage), please call and notify us.

Generally, the surgeon will need to see you in the office one week after the procedure in order to remove the sutures. If these appointments have not already been made for you, we will do so on the day of the procedure.

If you have any questions, please do not hesitate to call our office at 540-347-0505.