

Wound Care Instructions for Standard Closures and Flaps

After your surgery, a pressure bandage will be placed over the area that has stitches. This will help prevent bleeding. Please follow these instructions over the next two weeks. They will help you to prevent complications as your wound heals.

For the First 48 Hours after Your Surgery:

1. Leave the pressure bandage on and keep it dry.
2. Relax and take it easy. Do not do any vigorous exercise or heavy lifting. This could cause the wound to bleed.
3. Post-operative pain is usually mild. You may take Tylenol or Ibuprofen as needed.
4. You may see a small amount of drainage or blood on your pressure bandage, this is normal. If drainage or bleeding continues or saturates the bandage, call our office or go to the nearest emergency room.

48 Hours after Surgery:

1. Carefully remove the pressure bandage.
2. After the pressure bandage is off, you may get in the shower and get the wound wet.
3. Follow these wound care and dressing change instructions:
 - a) Twice a day, clean the suture line with soap and water and then dry it with a dry Q-tip (gently roll the Q-tip over the suture line. This will help remove any crust or drainage).
 - b) Apply a generous layer of antibiotic ointment over the suture line with a Q-tip.
 - c) Cover the suture line with a band-aid or non- stick dressing.
 - d) Continue the wound care and dressing changes until you come back to the office to have your sutures taken out.

What is Normal:

1. The first couple of days your wound may be tender and may bleed slightly when doing wound care.
2. There may be swelling and bruising around the wound

3. The area around your wound may be numb for several weeks or even months.

Call Us If:

1. You have bleeding.
2. Pain that is not controlled with pain relievers.
3. You have any questions or are not sure how to take care of the wound.

Doctor's Office:.....(516) 741-1055