

WOUND CARE INSTRUCTIONS for ONE WEEK AFTER SURGERY

Leave bandage in place for 5-14 days from today. The bandage will fall off by itself a little at a time during this time period. If any bandaging still remains after 14 days, you may remove it.

At this time the **bandage may get wet** but not submerged in water. Simply pat the bandage dry after it gets wet. Continue to avoid immersing the bandage in water until the bandage is completely off your surgical site.

When the bandage has completely come off, you may resume your regular skin care routine on the suture line, including washing with mild soap and water, applying moisturizer, make-up, and sunscreen.

Once the bandage comes off, if there are any open or bleeding areas at the incision/graft site OR if the bandage comes off before 5 days, you should begin to cover the area with a bandage **daily** as follows:

- 1) Clean and dry the area with plain tap water using a Q-tip or sterile gauze pad.
- 2) Apply Vaseline to the open area. Do NOT use Neosporin or antibiotic ointment.
- 3) Cover the wound with a band-aid or a sterile **non-stick** gauze pad and micropore paper tape. (Available at most pharmacies and Brookville Pharmacy: 5454 Wisconsin Ave. Tel. 301-718-0900. To order the 3M Tan Micropore Tape, call: 1-800-321-0591)

DO NOT LET THE WOUND FORM A SCAB! REPEAT INSTRUCTIONS ABOVE UNTIL THE WOUND IS COMPLETELY HEALED (ABOUT 1 WEEK)

*Once the bandages are removed, the scar will be red and firm (especially in the lip/chin area). This is normal and will fade in time. It might take 6-12 months for this to happen.

*Massaging the area will help the scar soften and fade quicker. Begin to massage the area one month after the bandages have been removed (approximately 5 weeks from surgery) only if the scarline is raised. To massage, apply pressure directly and firmly over the scar with the fingertips and move in a circular motion. Massage the area for one minute at a time five times a day. Begin: _____

*Approximately 3-8 weeks after surgery it is not uncommon to see the formation of “tender, pimple-like” bumps along the scar- this is a reaction to the stitches underneath the skin dissolving as the scar matures. This is normal. Do not pick or squeeze, this will resolve on its own. Should one break open producing a small amount of drainage, apply Vaseline a few times a day until the wound is completely healed. You may also call our office to schedule an appointment to see Dr. Hendi if the bump does not resolve on its own.

*Numbness in the surgical area is expected. It might take 12-18 months for the feeling to return to normal. During this time sensations of itchiness, tingling and occasional sharp pains might be noted. These feelings are normal and will subside once the nerves have completely healed.

In case of questions:

(301) 986-1006 Dr. Hendi office

(301) 204-4836 Dr. Hendi cell

If you were pleased with your experience at the Hendi Ambulatory Surgery Center, P.C., we invite you to leave a comment on our Yelp.com page. Please visit www.yelp.com, search for “Dr. Ali Hendi”, and click “Write a Review.” We greatly appreciate your comments.