

**WOUND CARE INSTRUCTIONS**  
for  
**SUTURED WOUND on YOUR LIP**

**To reduce the risk of bleeding within the first 48 hours:**

- 1) No strenuous activities for 48 hours. This includes bending, lifting, brisk walking, and exercising. Mild activity such as walking may be resumed after 48 hours.
- 2) Do not exercise for 1 week. This includes running, weightlifting, biking, exercise classes (including yoga and pilates), elliptical, rowing, stretching, etc.
- 3) It is normal to have pain at the surgical site. Take only **Tylenol (acetaminophen)** and **Advil (ibuprofen)** for the relief of discomfort. You may take up to 2 Extra Strength Tylenol and 2 Advil (ibuprofen) at first and repeat every 8 hours. If you need pain relief between doses, you may take 2 Advil (ibuprofen). Begin taking pain medication approximately 2-3 hours after surgery. If you are already taking aspirin as recommended or prescribed by your doctor, you may continue this medication, but do not take any (additional) aspirin or Aleve for pain for 48 hours.
- 4) Do not exceed 3,000 mg of Tylenol (acetaminophen) or 2,400mg of Advil (ibuprofen) in a 24 hour period.
- 5) Do not drink any alcoholic beverages for 48 hour as alcohol can thin the blood.
- 6) Do **not smoke** for 2-3 weeks. Smoking depletes the blood of oxygen that promotes healing and could increase the risk of infection or a poor cosmetic result.
- 7) You may use ice to decrease swelling of your surgical site. Be sure to cover the ice with a plastic bag and a towel to keep the bandage dry and to protect your skin. You may apply ice for 20 minutes and then take at least a 20 minute break before reapplying.
- 8) You should keep your head elevated even when you sleep. Place an extra pillow under your head and behind your back when you got to bed. Do not sleep on the wound site.

**Bleeding:**

A slight amount of oozing is normal at the wound site. However, if excessive bleeding occurs and your bandage gets saturated, you will need to stop the bleeding. You should be able to stop it by using a cloth and applying firm pressure directly on the bandage for 20 minutes. Do **NOT** remove the bandage we put in place, but you can place another layer of gauze and tape on top of it. If the bleeding does not stop, you should reapply pressure for another 20 minutes. If this does not stop the bleeding, you should call the doctor or go to your nearest hospital.

**After 24 hours:**

- 1) Remove the bulky bandage. You may use a cotton ball or gauze pad soaked with rubbing alcohol to loosen the adhesive at the corner of the bulky bandage.
- 2) Leave the flat dressing on your skin until you return to our office in one week for a bandage change. You will need to keep your tape dry to accomplish this. Carefully wash around the area.
- 3) You may cover this bandage with additional paper tape if it becomes soiled from drainage or if it starts to come off. (Available at most pharmacies and Brookville Pharmacy: 5454 Wisconsin Ave. Tel. 301-718-0900)
- 4) The sutures on the lip may get wet. Apply Vaseline over these sutures multiple times per day.
- 5) In the event that that flat bandage becomes significantly loose or comes off completely, you should follow the instructions below for changing your bandage **daily**:
  - a. As you will be changing the dressing daily, it is okay to shower and get the sutures wet- clean area daily with tap water and soap. Pat dry.
  - b. Apply Vaseline to band-aid, or non-stick gauze pad and cover wound. Paper tape can be used to secure non-stick gauze. Do **NOT** use Neosporin or antibiotic ointment.

(Available at most pharmacies and at Brookville Pharmacy: 5454 Wisconsin Ave. Tel. 301-718-0900).

- c. Repeat this daily until you come in or for a total of 2 weeks.
- d. Call the office if you have any questions.

### **SPECIAL INSTRUCTIONS FOR SURGICAL SITES OF THE LIP**

- 1) While sleeping, keep the head elevated for the first two nights. Do not bend over with your head lower than your heart level. Bend at the knees to stoop down. Be careful not to lift anything heavy or do anything to cause strain on sutures.
- 2) Try to keep your lips as immobile as possible. Refrain from excessive laughing, smiling and yawning for 3 weeks, particularly during the first week after surgery. Eat soft foods for the first 24 hours and take small bites for the first week. You may use a straw on the side of the mouth away from the sutures to drink- avoid pursing your lips.
- 3) It is normal to have bruising and significant swelling around the surgical site. Do not be alarmed by this; it will return to normal in about two weeks.
- 4) When brushing your teeth, you should use a child's toothbrush or use mouthwash to prevent stretching of your lips. Avoid flossing for one week.

### **PATIENT INFORMATION**

#### **During the healing process you will notice some or all of the following:**

1. Swelling and/or discoloration and bruising around your surgical site are common. It is also normal for there to be significant puffiness on the lip where the sutures were placed. This will resolve over the course of 2-3 weeks following your surgery.
2. You may experience a sensation of tightness as your wound heals. This is normal and will gradually subside.
3. Redness of the surgical site and surrounding tissue is normal.
4. Patients frequently experience itching after their wounds appear to have healed because of the continued healing under the skin. Plain Vaseline will help relieve itching.
5. Sensitivity to temperature changes (such as cold air). This sensitivity improves with time, but if you are having a lot of discomfort, try to avoid extremes of temperatures.

#### **Signs of complications:**

\*If you have severe pain and/or swelling that is not controlled with Tylenol or Advil, it could indicate bleeding under the skin.

\*If you have pain that is getting worse each day instead of better, that could indicate another complication such as infection.

\*Severe itching with extensive redness could indicate infection or sensitivity to the ointment used to dress the wound or a reaction to the bandage tape.

**If you experience what you perceive may be a complication, call our office as soon as possible.**

#### **In case of questions:**

**(301) 986-1006** – Dr. Hendi office

**(301) 204-4836** - Dr. Hendi cell