

WOUND CARE INSTRUCTIONS
for
SUTURED WOUND on _____

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

- 1) No strenuous activity for 48 hours. This includes bending, lifting, brisk walking, and exercising. Mild activity such as walking may be resumed after 48 hours. The goal is not to break a sweat.
- 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 your surgical site. We recommend a combination of **2 Extra Strength Tylenol (acetaminophen)** and **2 Advil (ibuprofen) at the same time** for the relief of discomfort. Take up to 2 Extra Strength Tylenol (1,000mg) and 2 Advil (400mg) and repeat every 8 hours. If you need pain relief between the 8 hour doses, you may take an additional 2 Advil (400mg) alone. 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
 - * Do not exceed 3,000 mg of Tylenol (acetaminophen) or 2,400mg of Advil (ibuprofen) in a 24 hour period.
- 4) Do not drink any alcoholic beverages for 48 hours as alcohol can thin the blood and cause bleeding.
- 5) 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.
- 6) You may use ice to decrease the 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.

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 24/48 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.

Wound on _____

- 2) Leave the flat, brown bandage 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) In the event that the flat bandage comes off or gets wet, call the office to discuss whether you need to come in and have a new bandage applied.

Wound on _____

- 4) Leave the flat, clear, water resistant bandage on your skin until you return to our office for a bandage change. You may shower and get this bandage wet, but be sure not to scrub over it or submerge it in water.
- 5) In the event that that flat, water resistant 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.

SPECIAL INSTRUCTION FOR FACIAL SURGICAL SITES

- 1) While sleeping, keep the head elevated for the first two nights. Place an extra pillow under your head and behind your back when you go to bed.
- 2) Do not sleep on the side of the body with the wound.
- 3) 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.
- 4) It is normal to have (potentially significant) bruising, discoloration, or swelling around the surgical site, especially when surgery is done around the nose, forehead or the eye. Do not be alarmed by this; it will eventually fade and return to normal color.

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, particularly when performed around the eye, forehead, temple, or nose. Remember: every patient is different- some people experience mild bruising and swelling while others have significant bruising and swelling. This is all normal. Swelling and bruising tends to get worse before it gets better and may last up to 3 weeks.
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. Itching of the surgical site is common. 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. You may experience 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 or infection.

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

*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 to be a complication, call our office as soon as possible.

FOR QUESTIONS CALL:

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