

WOUND CARE INSTRUCTIONS

Here are some basic instructions after your surgery. If I tell you anything different from these, please follow my verbal instructions.

- If I put on a dressing, it may be removed the next day.
- If you have Steri-strips, then NO wound care is necessary. These can get wet. Just pat them dry. Leave them on until they are dangling by a thread.
- Please cleanse the sutures with a combination of half-peroxide and half-water, either on a Q-tip or on a gauze sponge 2 to 3 times a day for the face and once a day for the rest of the body. This cleansing should be gentle but vigorous enough in order to remove pieces of clot and debris. This will help the scar to be a thinner, finer scar as it heals and will prevent infection.
- After cleansing, please apply a small amount of antibiotic ointment to the wound. You may use Polysporin or Bacitracin, but please do NOT use Neosporin. This guards against infection and also helps the wound to heal in a more cosmetic manner. DO NOT EVER USE ANTIBIOTIC OINTMENT FOR MORE THAN 3 DAYS.
- Feel free to shower and let the wound be moistened with soap and water. Do not soak the wound unless I specifically ask you to do this. Just pat the wound dry with a towel.
- If you have pain, please take Tylenol or Extra-Strength Tylenol. Avoid taking aspirin, ibuprofen (Advil/Motrin) or NSAID's for 3 to 4 days after surgery.
- There is no evidence that vitamins or other lotion preparations improve healing. If you care to, you can use these products after 3 weeks, but certainly do not put anything except antibiotic or Aquaphor ointment on the wound initially. Silicone scar tape may help when healed sufficiently.
- Your scars will be quite red, swollen and itchy. There will be some thickness under the scar as this is called a healing ridge. With time all of this will resolve. However, it may take several weeks or even several months.
- After the first few weeks, the most important thing that you can do to help the scar to be acceptable is to AVOID THE SUN. The sun, as it interacts with a healing scar, can tattoo the scar darker on a semi-permanent basis. In addition, a healing scar is more prone to injury from the sun because it lacks the protection of normal skin. This effect lasts for several months, so please avoid the sun until the scar is no longer red. After several weeks, just cover the scar with either a light dressing or sunblock of SPF 30 or more.
- Do not use any make-up on your facial incisions until I clear you.

NADIA P. BLANCHET, MD
PLASTIC & RECONSTRUCTIVE SURGERY

**PLEASE FEEL FREE TO EMAIL DR. BLANCHET IF YOU HAVE ANY QUESTIONS
OR CONCERNS. IF YOUR CONCERN IS URGENT, PLEASE CALL THE OFFICE
(804) 320-8545. IN A TRUE EMERGENCY, PLEASE CALL 911.**

PATIENT SIGNATURE

DATE