

Lebowitz Medical Group, PA

WOUND CARE INSTRUCTIONS FOR SUTURED WOUNDS FOR TODAY AND TONIGHT (Immediately after your surgery):

1. **Ice**, Ice, Ice. Place an ice bag over and around your wound site: Twenty minutes on, twenty minutes off, while awake.
2. Do your best to relax and keep the wound site elevated.
3. If you had surgery on your head or neck, use an extra pillow when you sleep to keep the area elevated.
4. Do not remove the pressure bandage for 2 days.
5. If you notice any minor oozing or bleeding, hold *constant* firm pressure over the bleeding area for thirty minutes. Repeat if necessary.
6. For pain, use the ice packs and Extra Strength Tylenol. Avoid *extra* aspirin and Ibuprofen; however, continue to take ALL medications that you are normally prescribed.
7. If you were prescribed antibiotics do not forget to take them as directed.

FOR THE DAY AFTER SURGERY:

1. Continue to take it easy and if applicable, avoid shaving near the wound site until your stitches are removed.
2. Avoid heavy lifting, bending and moderate exercise, as these may raise your blood pressure and increase your risk of bleeding.
3. Try to leave the original bandage on for approximately 2 days.

TWO DAYS AFTER SURGERY TILL YOUR NEXT APPOINTMENT:

1. Take a shower and allow the water and steam to loosen up your bandage which will make it easier to finally remove.
2. Any dried blood and scabbing should be gently removed with **Diluted Hydrogen Peroxide** applied by *rolling* (avoid rubbing) a **Q-Tip** that has been soaked in Hydrogen Peroxide.

Allow the bubbles of the Hydrogen Peroxide to dissolve the dried blood and scab.

3. Apply *a lot* of the recommended **topical antibiotic ointment (Bacitracin, Mupirocin)** to the entire wound area and cover it with either a **Band-Aid** or **Telfa-Pad** and **Paper Tape**.
 4. To optimize the ultimate cosmetic result *NEVER LET THE WOUND BECOME DRY AND FORM A SCAB*. Keep the area real moist with the recommended ointment.
 5. Repeat the basic wound care (#2 - #3) twice a day. If there is no scab and no dried blood, you may simply wash the area gently with soap and water.
 6. *Your wound site will go through many changes as it heals. It often takes more than three months to ultimately judge the final cosmetic result.*
 7. We will see you at your follow-up appointment in 14 days.
- If you develop fever, chills, streaking redness, foul-smelling wound drainage, continuous bleeding or persistent pain please call our office. 813-978-1100