

SKIN REPAIR INSTRUCTIONS

Your incision or laceration has been repaired with plastic surgical expertise. Fresh wounds need some care for the best result. **Please follow boxes checked off!** Some *mild* bleeding can occur after surgery, especially if you have had aspirin in the past two weeks. Most bleeding stops with some gentle pressure on the area. Hold constant gentle pressure over the area for 10 minutes and this usually stops the bleeding. Expect some bruising to the area as well. This usually gets worse in the first 3 days after surgery but should resolve between week two and week three.

- Ice Compresses:** Cold compresses are helpful in keeping swelling of an injury to a minimum. They are most effective in the first **12 to 24 hours after injury**. Use ice in a plastic bag and wrap with a thin towel. **Apply for 20 minutes and then give it a 20 minute break. Don't freeze your skin! Reapply ice several times.**
- Steri-Strip Dressings:** Please leave these in place as long as possible. You may shower normally, but pat them dry – do not rub them or they will fall off. ***If they do fall off, please cover your wound with antibiotic ointment and a Band-Aid.***
- On the morning of your follow up appointment,** if your Steri-Strip tapes are still in place, cover them with a petroleum-based antibiotic ointment to help the adhesive dissolve and they will be more easily removed when we see you at your appointment.
- Antibiotic ointment:** re-apply the antibiotic ointment (*Neosporin, Polysporin, Bacitracin, Triple antibiotic ointment, Silvadene cream or Vaseline*) at least 3 times a day. Be gentle during the first 2 weeks as you apply this. You may cover it with a bandage to protect your wound as well as your clothing from the ointment. **This only applies if your steri-strips fall off prior to your follow up appointment.**
- Elevation:** Keep your injured part elevated above your heart level as much as possible.
- Bathing:** You may take shower and wash over your wound gently (that is, use your hands only). **Be gentle with your wound as it heals.** Use soap and water to clean your incision/wound/laceration unless advised otherwise. **Do not use peroxide or rubbing alcohol,** this may prevent proper healing.
- Medications:** You can use acetaminophen (Tylenol) or ibuprofen (Motrin or Advil) every 4 to 6 hours as needed for pain. No aspirin based products for the first 24 hours after your procedure.
- Please call our office during **regular business hours, Monday through Friday between the hours of 8:30 A.M. to 5 P.M.,** if you have any questions or problems.
- What to look out for:** increasing pain or redness around the wound, foul odor, green/yellow or milky drainage, excess warmth at the site, fever, chills, or flu-like symptoms.
- Extremity wrap:** Apply the antibiotic ointment to gauze dressings as directed and then wrap from toes or fingertips up above your actual wound. Change this dressing and wash the area daily and then re-apply as directed.