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DERMATOLOGY

DERMATOLOGIC SURGERY

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WOUND CARE INSTRUCTION
SUTURED WOUNDS

After surgery, go home and take it easy. No strenuous exertion, lifting, bending, or straining.

Do not get the dressing wet.

Do not drink alcohol or take blood thinners (aspirin, alieive, motrin) unless otherwise instructed. If you require medicine to control any discomfort, take Tylenol.

-If you notice bleeding from the wounds, apply firm continuous pressure for twenty minutes. Then apply additional gauze and tape over the dressing if necessary. If the bleeding does not stop after pressure is applied, reapply pressure and call our office.

-Bruising and mild swelling around the surgery site is normal. A "black eye" is also common following surgery on the forehead, nose or checks. Usually discomfort is mild and easily controlled with Tylenol. Call our office if you observe significant or rapid swelling, pain, or fever.

After 48 hours, remove the bandage and begin daily dressing changes as follows:

- Remove the old dressing
- Clean the wound site with saline spray or clear tap water
- Apply petrolatum ointment (Vaseline or White Petrolatum) over the entire wound
- Cover the wound with sterile non stick gauze (Telfa) and paper tape (Micropore).

We recommend the use of Petrolatum (Vaseline) rather than Neosporin, Polysporin, or Bacitracin ointment because some patients develop an allergic reaction to antibiotic ointments.

Sutures are typically removed in five to twelve days.

There is an old wives' tale that a wound heals better when left open to the air. In fact, a wound heals faster and with better cosmetic results if kept clean and covered with ointment and a bandage.

If you have any questions, please call our office. In an emergency, please go to your local hospital emergency department.