



Wound Care Instructions

Days 1-5

Please avoid heavy lifting or strenuous activity for 2 to 3 days after your procedure. Clean sutures/wound site with half strength hydrogen peroxide on q-tips two times daily. Apply double antibiotic ointment after cleaning the wound. If a dressing is applied in the office you may remove it on day 2 after surgery. You may get the wound wet in the shower on day 2 after surgery. Do not soak the area in a bathtub, allow direct spray from the shower, or vigorously rub the wound.

Swelling and bruising peak around day 3 and then decrease over the next five days.

Days 5-7

Sutures will be removed in the office. Use double antibiotic ointment for 2 days after sutures are removed. After these two days, you may get the wound wet in the bathtub or swimming pool. Begin using sunscreen when outside.

Weeks 2-6

Apply Nivea moisturizer (or a similar over-the counter lotion or cream) or your regular facial lotion to the wound site and massage for 10 minutes 2 time daily. This increases blood flow to the area to speed scar maturation.

Months 3-6

Scar can be re-evaluated at this time. Any necessary scar revision would not be done until 6 to 12 months after surgery.

Sunscreen of at least 20 SPF is recommended for 6 to 12 months after surgery to prevent hyperpigmented (dark) scars.

Call the office for signs of infection: redness, drainage, fever or new swelling, or for any questions you may have.