



BARBOUR

PLASTIC SURGERY

Emergency Room Aftercare Instructions

Dr. Barbour used stitches to close your wound. Stitches help healing and can reduce scarring. Proper care of the area and making sure the sutures are removed properly are critical to ensure the wound heals well. The following are common questions for how to maintain the wound.

Dressing and Cleaning

- If a dressing was placed over your wound, keep the dressing in place for 24 hours. You may exchange the bandage if it becomes dirty or wet. Some areas may be best treated with ointment rather than a bandage (near the hairline, eyebrows, etc.). If this is the case, re-apply the ointment every 6 hours.
- Keep the wound dry for the next 24 to 48 hours. Keeping the area dry lowers risk for infection. Unless otherwise instructed, you may shower after 24 hours. Be sure to carefully pat the wound dry with a clean cloth. Do not soak the cut or submerge the area beneath water (bath tub, swimming, etc. for 2 weeks).
- After removing the bandage, you may cover the wound with a thin layer of triple antibiotic ointment (such as Neosporin) or petroleum jelly (such as Vaseline). This is only necessary for 3-5 days following the accident.

Caring for Stitches

- Avoid any activity that could cause the cut to reopen. The skin remains weak for 5-7 days and can easily re-open despite the sutures in the skin. Avoid scratching the area.
- Do not attempt to remove stitches on your own. If dissolvable sutures were used, these will usually fall out between 10 days and 3 weeks. For adults, plastic sutures will need to be removed by a doctor in 5-7 days.
- If you have been prescribed pain medication or oral antibiotics, please take it as directed.

Please contact Dr. Barbour's office if you notice any new discomfort beyond expected bruising, if your discomfort gets worse, or if the wound continues to bleed through the bandage (note: some oozing of small amounts of blood is normal). Also notify the office if you notice any signs of infections such as; *increased pain, swelling, warmth or redness around the wound, drainage from the wound, or experience a fever above 101.5 degrees.*

Follow-up care is a key part of treatment. Please be sure to call Dr. Barbour's office to make a follow-up appointment. Please do not hesitate to call or email our office if you have any questions.

Phone: (703) 972-6655 | **Fax:** (703) 738-6454 | **Email:** patients@drjohnbarbour.com

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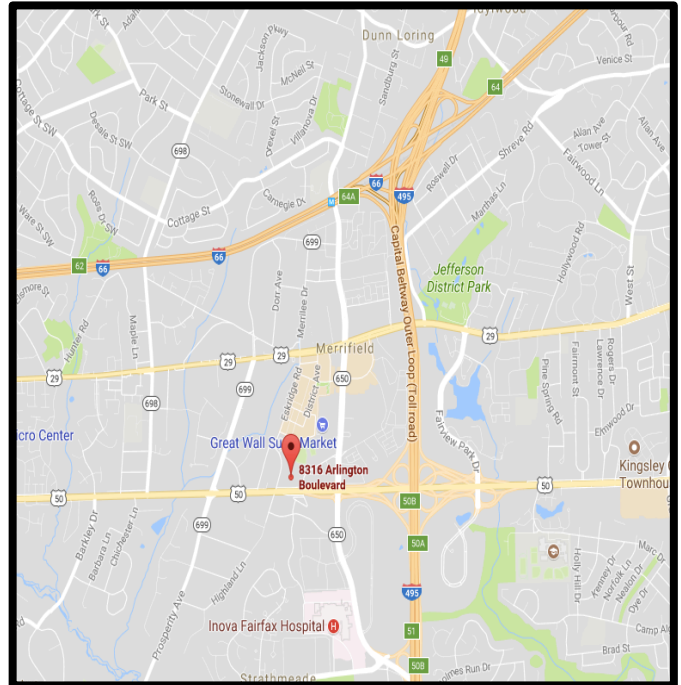
Mount Vernon Hospital
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Alexandria, Virginia 22306

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Directions to 8316 Arlington Blvd, Fairfax VA

- **From Washington D.C.-** Take I-66 W to Front Royal. Travel 14 miles to exit 64 (I-495 S) to Richmond. Use Exit 50 A after one mile to US-50 W/Arlington Blvd. The building is located 0.6miles on the right. Take Williams Drive to the rear parking area of the *Yorktown 50 Building*
- **From Baltimore/North-** Use I-495 South towards Washington. Use exit 27W to I-495 West to Silver Spring. Travel approximately 25 miles on I-495 to exit 50A to US-50 W/Arlington Blvd. The building is located 0.6miles on the right. Turn right on Williams Drive to the rear parking area of the *Yorktown 50 Building*
- **From Richmond/South-** Use I-95 North to Washington DC. Merge onto I-495 by using exit 170B towards Tysons Corner. Travel approximately 4 miles to exit 50A to US-50 W/Arlington Blvd. The building is located 0.6miles on the right. Turn right on Williams Drive to the rear parking area of the *Yorktown 50 Building*.



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Directions to 2501 Parkers Lane, Alexandria, VA

- **From Washington D.C.-** Take 14th street bridge and use exit 10B towards George Washington Parkway (South). Travel approximately nine miles on GW Parkway through Old Town Alexandria and turn right on Morningside Lane. Hospital is on the left in approximately 2.1 miles. Park in yellow parking.
- **From I-495/West-** Use Capital Beltway (I-495 South) towards Baltimore. Take exit 177A (Route 1) south towards Mount Vernon. Turn left on Fort Hunt Road and travel 4.7 miles to Sherwood Hall Lane. Turn right and Hospital is located on the left in 1.3 miles. Park in yellow parking.
- **From Richmond/South –** Use I-95 North towards Washington, DC. Take exit 161 (Route 1) towards Ft Belvoir/Mount Vernon. Follow Route 1 for approximately 21 miles. Hospital is located on the right at 2501 Parkers Lane

