



# BARBOUR

PLASTIC SURGERY

## Wound Management Instructions

### **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.

### **Scar Management**

- After the stitches are removed, you may continue to cover the wound with a thin layer of triple antibiotic ointment (such as Neosporin) or petroleum jelly (such as Vaseline) and a bandage for 7-10 days.
- 7-10 days after stitches removal, once the wound is fully healed, you should begin applying sunscreen daily. This will prevent hyperpigmentation and improve appearance of the scar.
- 7-10 days after stitches removal, once the wound is fully healed, begin light massage of the area with two fingers in small circular motions for 5 minutes, 2-3 times a day. This will prevent scar tissue formation and the scar adhering to underlying muscle and tissue.
- 7-10 days after stitches removal, once the wound is fully healed, you may also begin to use a scar cream (such as Mederma, ScarAway or a store brand scar cream).

**Should you have any questions or concerns, please do not hesitate to call or email our office.**

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