

## Wound Care Instructions:

Keep your wound covered if possible for the first 24 hours. Clean gently with soap and water, or peroxide once or twice daily. If you are using peroxide, dilute it to half strength by putting in an equal amount of water and peroxide.

Afterwards, apply Polysporin, Bacitracin, or similar antibiotic ointment. We do not recommend using Neosporin or Neomycin because of the risk of allergy. We recommend keeping the wound covered with a band-aid or similar non-stick dressing until healed. If bleeding occurs, this is generally controlled by moderate pressure over the area for 10 to 20 minutes.

Minor discomfort is best treated with Tylenol, Nuprin, Advil, or similar medications. Aspirin may be used, but may increase the risk of bleeding.

Stitch removal dates are approximately 5 days for face, 5 to 7 days for neck, 7 days for chest, abdomen, or arms, and 10 to 14 days for the back and legs.

Occasionally a wound will become painful, red, and possible have drainage beginning several days after surgery. This is not an emergency. Many wound infections will clear up quite promptly with the wound care you have been continuing. Sometimes an oral prescription antibiotic is necessary. In general, we recommend you come into the office on the next business day, or call the doctor on call.

If your wound opens up, do not panic. Often a stitch will loosen, or some tension occurs across the wound because of normal body movement. In many cases, the wound will heal exactly the same whether there are stitches or not. If you are calling during regular business hours, please dial 516 to leave a message for a medical assistant. Your call will be returned promptly. If you are calling after regular business please call back during our regular business hours call the answering service at 661-253-4813 that number again is 661-253-4813 and the on-call physician will respond shortly. Thank you