Incisional Wound Care

Wound care should be performed 4 times a day for the first 2 days. The site may need to be cleaned more frequently if there is oozing. *Keeping the site free of crusting is very important to reduce the risk of infection and minimize scar formation.* Do not take coumadin, aspirin, plavix, ibuprofen and other medications that increase the risk of bleeding for 3 days.

**Clean Site By:**

1. Rolling a Q-tip soaked with hydrogen peroxide over the incision site. If a crust has formed, remove this by repeating this step until removed.
2. Using a clean dry Q-tip or a finger, cover the incision with a light coating of Bacitracin or other antibiotic ointment.

After the second day, clean the site in the morning and evening only. You may shower and wash your hair, but afterwards the area should be patted dry with a clean towel or blown dry with a hair dryer on the cool setting. If you are afraid that the wound will become dirty, a band-aid or gauze covering may be used. Please apply these loosely.

The incision area must be kept protected from sunlight for at least 3 months, both with sunblock as well as physical barriers (hat, scarf, etc). Without such protection, sunlight exposure may lead to hyper-pigmentation.

**Pain Control**

If you experience any discomfort after the surgery, taking Tylenol (acetaminophen) and / or ibuprofen should give you adequate relief. If this does not provide adequate relief or you notice any signs of infection at the site (redness, swelling or drainage), please call and notify us.

**Bleeding**

If there is bleeding at the incision site, apply firm direct pressure for 10 minutes by the clock. Continue to apply pressure in 10 minute intervals until the bleeding stops. However, if after 30 minutes the bleeding persists without any reduction, contact our office.

**Follow-Up**

Generally, the surgeon will need to see you in the office one week after the procedure in order to remove sutures (if any) as well as go over pathology. Occasionally, follow-up may not be felt necessary and our office would call with any pathology results.

If you have any questions, please do not hesitate to call our office at 540-347-0505.