

## **GENERAL WOUND CARE AND SCAR REVISION**

**Before or after your procedure, you will need to purchase:** Hydrogen peroxide, Q-tips, antibiotic ointment (Bacitracin or Polysporin), and prescriptions (if applicable).

**Before your procedure:** Quit smoking. Smoking inhibits wound healing. Quit aspirin and aspirin-like products 2 weeks before your procedure if possible. If you are unable to quit these products, tell Dr. Sidle or his staff. If you were prescribed an antibiotic before your procedure, take the first dose with a sip of water before coming to the procedure.

### **General Information:**

1. If you need to take pain medication, take it with food to decrease nausea.
2. Avoid direct contact or excessive movement at the incision site. As a general rule, avoid sporting activities, straining or heavy lifting for 10 days after surgery.
3. Use a Q-tip to cleanse the site with hydrogen peroxide in a rolling motion to remove any crusting/scabs. Cleanse the site three (3) times a day to promote healing and minimize the appearance of the final incision line. Apply antibiotic ointment after each cleansing. Mild soap and water cleansing is also permissible, but gently dry the wound thoroughly afterwards. Then apply ointment.
4. Sutures will be removed in the office in five to fourteen (5-14) days depending on the type and site of the wound.
5. The sutures do not necessarily need a dressing other than ointment. The sutures may be either exposed to the air, or a bandage can be applied to camouflage. Occasionally, steri-strips are placed on the wound over the stitches. If steri-strips are used, leave them on until they fray or peel off. Once they are off, follow direction #3.
6. Occasionally, we apply a taped-on pressure dressing. The pressure dressing is to be removed 24 hours after your procedure. Then follow direction #3.
7. Less commonly, a dressing is stitched over the wound. If a stitched-on dressing is used, we will make an earlier follow-up appointment to have this removed in our office.
8. You may shower 48 hours after the procedure. It is OK to allow soapy water to run across the wound. Gently cleanse the wound with the pads of your fingers. No scratching. **Blot dry-do not rub** the towel over the sutures. Reapply ointment after cleaning.
9. Avoid sunlight on the wound for several weeks. Use a broad-brimmed hat and a sun block containing an SPF of at least #30 with UVA and UVB protection.

**Please do not hesitate to call Dr. Sidle if you have any questions or concerns.**  
**Office 312-695-8182**