**SUTURED WOUND CARE INSTRUCTIONS**

1. After surgery, go home and take it easy. Do not do any heavy lifting, exertion, bending, straining, or exercising until your follow up appointment with the doctor.
2. Do not drink any alcoholic beverages, take any medications containing aspirin or ibuprofen (Advil, Aleve, Naprosyn), or Vitamin E for the next 24-48 hours. If you require medicine to control your pain, take only Tylenol or the medication prescribed by your physician.
3. **DO NOT SMOKE!** Smoking causes wound healing problems by restricting blood flow to the treated area which can cause skin death. It is very important that you do not smoke for at least 2 weeks following your procedure.
4. Use caution when showering or bathing and **do not to get the dressing wet for at least 24 hours** or longer if instructed by Dr. Litani.
5. **After 24 hours** remove the bandage.
6. Wash the surgical site with gentle soap such as Dove or Cetaphil and water. Dry site gently. Apply Aquaphor/Vaseline over the surgical site and cover with a band aid or non-stick gauze pad (Telfa) and paper or surgical tape. This cleansing should be done once daily but can be done more often if you would like. **\* Please keep the surgical site moist with ointment to avoid adherent crusting which can delay healing. \***
7. **Absorbable sutures:** After 7 days, please lightly rub a hydrogen peroxide soaked Q-tip over the sutures to dissolve any crust and help release the sutures. If any sutures remain after 2 weeks, please use a wet washcloth in the shower to wash/rub in a circular motion over the sutures to help release them.
8. **Facial wounds:** It is perfectly normal to have bruising/discoloration and swelling around the surgery site and especially around the eyes (if the site was on your nose, forehead, scalp, or near the eyes). Do not be alarmed by this, it will eventually fade and return to normal color in about 1 week.
9. **To minimize swelling:** You may use an ice pack (on for 10-20 minutes), wrapped in a wash cloth every 1-2 hours to help minimize bruising and swelling during the first 24-48 hours.

During the healing process you will notice a number of changes. All wounds develop a small surrounding halo of redness, which means healing is occurring. Severe itching with extensive redness may indicate sensitivity to the ointment used to dress the wound or in most cases a reaction to the bandage tape. You should call the office if this develops.

You may experience a sensation of tightness as your wounds heal. This is normal and will gradually subside. Frequently, the surgery involves nerves and may take up to a year before feeling returns to normal. Rarely will the area remain numb permanently. Your healed wound may be sensitive to temperature changes (such as cold air). This sensitivity improves with time, but if you are having a lot of discomfort, try to avoid temperature extremes.

Patients frequently experience itching after their wounds appear to have healed because of the continued healing that is occurring under the skin. Plain Vaseline may help relieve the itching.

\***In Case of Emergency\* Please call the office at 781-431-7733**