

3829 Gaskins Rd., Richmond VA 23233
Mon – Fri : 7:30am – 4:00pm • Sat – Sun : Closed
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SUTURED WOUND CARE: DAY OF SURGERY FOR LIPS AND CHIN

- **NO** strenuous activity for 48 hours. Resume light activity in 48 hours.
- On day of surgery, if allowed by your primary care physician and medical team, take 2 regular strength Tylenol (325 mg) or 1 extra strength Tylenol (500 mg) and alternate with 400-800 mg ibuprofen every 4 hours beginning 1 hour after surgery as need for pain relief.
 - After 24 hours take Tylenol/ ibuprofen as needed for discomfort.
- **DO NOT** drink any alcoholic beverages for 48 hours. Alcohol increases your risk for post-operative bleeding.
- **DO NOT ICE THE WOUND**
- Continue your normal medications as prescribed by your physician.
- Try to keep your lips/chin as immobile as possible. Limit/refrain from laughing, yawning, smiling and chewing wide for the next three weeks.
- When brushing your teeth, use a children's toothbrush or use mouthwash to prevent stretching of the surgery site.
- Do not smoke for 3 weeks; smoking slows wound healing.
- It is normal to have swelling and bruising around the surgical site. Bruising will fade in approximately 10-14 days. The swelling will resolve in 5-7 days. Elevate the area, if possible, to reduce swelling.
- Numbness, itchiness and sensitivity to temperature changes can occur after surgery and may take up to 12-18 months to normalize.

Bandage Care

- Keep the WHITE pressure bandage (large white bandage) in place after surgery.
- ***Remove The WHITE pressure bandage in 24-48 hours after surgery.***
- Underneath the WHITE pressure bandage (large white bandage) you will find a FLAT BROWN bandage.
Please leave this brown flat bandage in place for 7 days.
- Keep this brown flat bandage dry. Wash around it carefully.
 - If the bandage becomes loose-reinforce the dressing with band-aids/medical tape
 - If the dressing comes off-replace the dressing with Vaseline, bandaid, or non-adherent pad and medical tape. Then call the office.

Possible Complications/When to Call

Bleeding- if there is visible **BRIGHT RED** blood soaking and/or dripping from the **WHITE** pressure bandage:

1. **Leave** the WHITE bandage in place.
2. **Apply** direct pressure over the bandage for 40 minutes.
3. **Call** the office, Dr. Wallace's cellphone, or go to the nearest emergency room if pressure fails to stop the bleeding.
4. **Use** additional gauze and tape to continue holding pressure once the bleeding has stopped.

Pain:

1. Post operative pain should slowly get better, never worse.
2. A severe increase in pain may indicate a problem. Call the office if this occurs.
3. Tylenol or Ibuprofen should be taken according to the manufacturer's directions days after surgery, as needed for discomfort, provided you are allowed to take these medications in guidance with your primary care physician and medical care team. +

Signs/symptoms of infection:

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| • Redness | • Swelling |
| • Warmth to the touch | • Fever |
| • Red streaking around surgical site | • Chills |
| • Increased pain | • Foul smelling drainage |