

3829 Gaskins Rd., Richmond VA 23233
Mon – Fri : 7:30am – 4:00pm • Sat – Sun : Closed
Office 804-538-1033 • Fax 866.274.0799
mohscenterrd.com

INTERMEDIATE SUTURED WOUND CARE INSTRUCTIONS

- NO strenuous activity for 48 hours. Resume moderate activity in 48 hours.
- On day of surgery, if allowed by your primary care physician and medical team, take 4 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 alcoholic beverages for 48 hours. Alcohol increases your risk for post-operative bleeding.
- No dietary restrictions.
- Continue your normal medications.

Bandage Care

- Keep the pressure bandage (large white bandage) in place for **24-48 Hours**.
- The next day:
Begin to cover the area with a bandage daily (***for the next 1-2 weeks***) as follows:
 1. **Clean and dry** the area with tap water and mild soap using a Q-tip or sterile gauze pad.
When showering, you may also use plain Dove bar soap to produce suds to gently cleanse area.
 2. **Pat dry, then apply Vaseline** to the sutured area.
 3. **Cover the wound** with a band-aid or a sterile non-stick (Telfa) gauze pad and paper tape.

Possible Complications

Bleeding:

1. Leave the 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 maintain 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.

Future Healing

- The scar will be red and firm (especially in the lip/chin/nose area). This is normal and will fade in time. It might take 6-12 months for this to happen.
- For sutured wounds start to massage 6 weeks after surgery 6-10 times daily for 1-2 minutes. Massaging the area will help the scar soften and fade quicker. To massage, apply pressure directly and firmly over the scar with clean fingertips and move in a circular motion, the scar will be tender.
- 6-8 weeks after surgery it is not uncommon to see the formation of "tender pimple-like" bump along the scar. This is normal. As the scar continues to mature and the stitches underneath the skin begin to dissolve, this might occur. Do not pick or squeeze, this will resolve on its own. Should one break open producing a small amount of drainage, apply Vaseline ointment a few times a day until the wound is completely healed.
- Numbness in the surgical area is expected. It might take 12-18 months for the feeling to return to normal. During this time, sensation of itchiness, tingling and occasional sharp pains might be noted.