

*The Dermatology Center, PSC.
A VitalSkin Dermatology Affiliate
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(812) 944-7500 Option #3*

In case of an emergency after hours
Call the provider that performed your procedure.

*Dr. Banet (812) 987-5526, Kathy Warinner-Spencer (502)551-7585, Emily Miller (502)693-8441
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WOUND CARE INSTRUCTIONS WITH SUTURE

- IT IS OKAY TO RETURN TO NORMAL ACTIVITIES AS LONG AS YOU DO NOT STRESS THE SUTURE LINE.
- REMOVE THE DRESSING TOMORROW. IT IS OKAY TO SHOWER, BUT DO NOT SOAK THE SUTURES.
- LET THE WATER/SOAP GENTLY CLEAN THE WOUND. APPLY VASELINE OR PRESCRIPTION TOPICAL ANTIBIOTIC AND A DRESSING AS DIRECTED. REPEAT UNTIL THE SUTURES ARE REMOVED AT YOUR FOLLOW-UP APPOINTMENT.

PAIN / SWELLING:

Extra strength Tylenol is usually all that is needed for pain, however, ice packs (in a towel) 20 minutes every hour (as needed) is often helpful for pain and swelling. **Do Not** take aspirin containing products or drink alcoholic beverages for 24 hours.

If you have bleeding or should a large knot develop around the surgery site you could be developing a Hematoma and should call the office or the after-hours number listed above.

BLEEDING:

Significant bleeding is rare, but if this happens apply **CONTINUOUS** pressure for 20 minutes at two different intervals, this will usually stop any bleeding. If the bleeding does not stop, then contact us at the office number or after-hours number given above.

INFECTION:

If the area becomes very red (redness greater than the width of your thumb), swollen, warm, and exquisitely painful and has a pus type drainage, this may be an early infection. Call our office at the number given above.

SPECIAL INSTRUCTIONS FOR WOUNDS ON THE FACE AND BACK

Keep your head up at bedtime. Do not sleep on the side of the wound. Do not bend over with the head lower than heart level. Bend at the knees to stoop. Avoid lifting anything heavy (more than 20 lbs.) which will cause stress on the sutures. It is normal to have bruising or discoloration around the surgery site, especially around the eye area, this will fade and return to normal over the next few weeks.

ADDITIONAL INFORMATION

1. You may shower daily. The shower is helpful to remove crust or scabbing. Dry gently, and dress the wound as discussed above. No bathing (in a tub), hot tub, or swimming until the wound is completely clear.
2. During the first 7-10 days there will be little apparent progress. All wounds develop a small halo of redness (should not be larger than the width of your thumb) that means healing is occurring. Extensive itching and a lot of redness usually indicates a reaction to the band-aids or stitches. Call our office if this develops.
3. Swelling and/or discoloration around the surgical site are not uncommon, particularly if the surgery is on the face.
4. All wounds normally drain (the larger the wound, the more drainage). This is why daily dressing changes are important. Wound should be left open after the first 24 hours while at home but should be covered when outside or out of the house. The drainage from the wound becomes less apparent after the first week. After 1-2 weeks the healing becomes more rapid and you will notice the wound begin to shrink and new skin beginning to grow. A healed wound has a healthy, shiny look to the surface and is red to dark pink in color. Small wounds may heal in 2-3 weeks. Larger wounds may take up to 4-5 weeks. After the wound is healed, you can stop daily dressing changes. The wound will remain quite red and may take 6-12 months to fade completely.
5. You may experience a sensation of tightness or itchiness as your wound heals. This is normal and will gradually subside. After the wound is healed, gently massage the area with Vitamin E oil, this will help diminish the scar.
6. If you should experience any signs of infection (increased pain, redness, wider than you thumb) or any red streaking, or increased swelling, contact our office at the number given above.
7. All wounds heal with scarring. The final appearance cannot be preoperatively ascertained; therefore, no guarantees can be implied or stated regarding the final appearance of the scar.