



THE DERMATOLOGY CLINIC

WOUND CARE INSTRUCTIONS

ONE WEEK AFTER SURGERY

- 1) Leave flat bandage on your skin for **one** week after today's bandage change.
- 2) In one week when you remove the bandage, you may resume your regular skin care routine, including washing with mild soap and water, applying moisturizer, make-up and sunscreen.
- 3) If there are any open or bleeding areas at the incision/graft site you should begin to cover the area with a bandage **daily** as follows:
 - 1) Clean and dry the area with plain tap water using a Q-tip or sterile gauze pad.
 - 2) Apply Vaseline, Aquaphor, Polysporin or Bacitracin ointment to the open area.
 - 3) Cover the wound with a band-aid or a sterile **non-stick** gauze pad and micropore paper tape.

REPEAT INSTRUCTIONS ABOVE UNTIL THE WOUND IS COMPLETELY HEALED

*Once the bandages are removed, the scar will be red and firm (especially in the lip/chin area). This is normal and will fade in time. It might take 6-12 months for this to happen.

*Massaging the area will help the scar soften and fade quicker. Begin to massage the area one month after the bandages have been removed. To massage apply pressure directly and firmly over the scar with the fingertips and move in a circular motion. Massage the area 10 times a day for 30 seconds. a. Massage 4 weeks after surgery starting_____.

b. Massage 6 weeks after surgery starting_____.

*Approximately 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 Aquaphor, Vaseline, Polysporin or Bacitracin 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 sensations of itchiness, tingling and occasional sharp pains might be noted. These feelings are normal and will subside once the nerves have completely healed.

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