



## INSTRUCTIONS FOR "CLOSED" (SUTURED) WOUND CARE

### MATERIALS NEEDED:

- \*Q-tips or cotton tipped applicators
- \*Antibacterial liquid soap
- \*Vaseline
- \*Telfa (Non-adherent gauze pad)
- \*Medical Tape

### DAILY WOUND CARE:

1. Allow the pressure bandage to remain in place for **24 to 48 hours**
2. Using liquid antibacterial soap and water, gently cleanse the sutures and surgical wound using Q-tips or clean fingers and rinse off with water.
3. Pat dry or let air dry for 15-20 minutes.
4. Cut Telfa pad to cover suture line.
5. Apply a very thin layer of Vaseline to Telfa pad, secure Telfa pad to suture line with medical tape.
6. This procedure will be repeated daily until sutures are removed

### NOTE:

- \* Avoid bending over, stooping or lifting – use your legs to squat until sutures are removed.
- \* Avoid lifting more than 10 pounds until sutures are removed.
- \* Avoid strenuous activity (anything that increases your blood pressure and/or heart rate) until sutures are removed.
- \* You may shower as normal beginning 24-48 hours after your procedure with or without the bandage.
- \* You may view a wound care video using the QR code.



### WHAT TO EXPECT FOLLOWING SURGERY:

1. Swelling, bruising, numbness and redness around the wound are common, especially on the face. Swelling “peaks” about 2-4 days after surgery and then will begin to decrease. Elevate the area above the heart to reduce swelling. If the area is on the face or scalp, prop up head with an extra pillow when lying down or sleep in a recliner.
2. Small amounts of red/pink/yellow drainage from the wound may occur and should resolve after several days.
3. A low-grade fever (99-101 degrees Fahrenheit) following surgery may occur. A **NON-ASPIRIN** product may be used as tolerated (**Motrin, Ibuprofen, Aleve or Tylenol**).
4. Please contact our office during business hours or your local physician should you experience excessive bleeding that does not resolve after 60 minutes of applying pressure (see separate bleeding instructions), severe swelling, increasing redness, fever, or worsening pain.

**Further questions should be addressed through our clinic team line at 919-277-1017. Our normal business hours are Monday, Tuesday and Thursday, 7:30am– 5:00pm and 7:30am–1:30pm on Wednesday and Friday.**

***Calls to our physicians should be limited to medical emergencies only.***

*Sunscreen is an important tool in the fight against skin cancer, including melanoma, the deadliest form of skin cancer. The American Academy of Dermatology recommends consumers choose a sunscreen which states on the label SPF 30 or higher, broad spectrum (which means it protects the skin from ultraviolet A (UVA) and ultraviolet B (UVB) rays, both of which can cause cancer) and water resistant for up to 40 or 80 minutes.*