

# WOUND CARE

Pariser Dermatology aims to quickly, safely, and thoroughly diagnose and treat patients with disorders of the skin, scalp, hair, and nails.

## CARE OF WOUNDS WITH STITCHES

1. Keep the wound covered for two days with the first bandage applied in the office.
2. Remove the dressing 48 hours after surgery, in the shower. **Do not rub** the wound (pat dry instead).
3. Clean wound with soap and water and gently rinse clean.
4. Using gauze that has been moistened with half hydrogen peroxide and half water, **gently** soak and cleanse the incision line of **all** crust. Do not rub vigorously.
5. Apply a thin coat of antibiotic ointment over the sutures and incision line.
6. Leave the incision open to the air when possible. Cover the stitches with a clean bandage or gauze and tape only if it will get dirty when left open, at bedtime, or when going outside.
7. Repeat the above cleansing process two times a day (after the first 48 hours) for two weeks.
8. Unless the stitches are dissolvable, stitches are to be removed in 7 to 14 days, depending on the location of the incision.

## EXTRA RECOMMENDATIONS:

- Keeping the location elevated for the first 48 hours helps to reduce the edema (swelling) that may occur and an ice pack can be used directly over the bandage, if desired. If the surgical location is on the face, sleep with an extra pillow for elevation.
- Extra-strength Tylenol® may be used to reduce mild pain. Medication containing aspirin should be avoided for the first 48 hours **unless** otherwise directed by your physician.

## THINGS TO CHECK:

### BLEEDING

- It is normal to have some oozing at the incision site. Likewise, you may expect some swelling immediately after surgery, and especially 48 to 72 hours after surgery. **If your surgery is near the eye or forehead, your eye or eyes may swell closed, most often at 72 hours after surgery.** Swelling is normal. If your wound is close to the eyelids, swelling can be severe.
- If you notice rapid swelling 20 to 40 minutes after a sudden movement or when bumped, and/or blood coming from the incision, **call Dr. Chang at (757) 621-7722 immediately.** This may mean active bleeding underneath the incision (hematoma) and requires prompt attention. This complication is most likely to be seen in the first two days after surgery.

### INFECTION

- Wound infections after skin surgery are unusual. Wound cleansing reduces the risk of infection. Signs of infection include redness, warmth, tenderness, and/or swelling at the incision site with occasional pus formation. Such infection may resemble the common boil (furuncle). It is most likely to occur 4 to 6 days after surgery. Should such a complication occur, please return to our office or another physician promptly for evaluation and possible additional medication.

