



dr. dele-michael

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Wound Care Instructions

Wounds heal better if they are kept moist and covered. There will be a better cosmetic result if the area is kept moist with petroleum jelly. Allowing the area to scab will increase the likelihood of a significant scar. **Keep area out of the sun while it is healing.** Sun exposure can cause the wound to hypo pigment or hyper pigment increasing the appearance any residual scar, thus rendering a less than optimal cosmetic effect.

[] Wound without stitches

- Clean area twice a day with a gentle soap and water.
- **Apply Vaseline from a tube** (not from a jar) 2-3 times a day to keep area moist. (Do not apply Neosporin or Bacitracin as it can cause an allergic reaction, unless otherwise recommended)
- Keep area covered for 2-3 days as needed.
- You may shower and get the area wet
- There are **NO ACTIVITY RESTRICTIONS**
- **YOU MAY SHOWER OR GET THE AREA WET starting tomorrow**

[] Wound Care with Stitches

- Keep your wound dry and covered with a bandage for the next 3 days.
- Remove bandage and clean area twice a day with a gentle soap and water
- Apply a thin layer of petroleum jelly (from a tube, not a jar) to your wound. This is available for purchase over-the-counter or at our office.
- **Avoid stretching the area and heavy lifting**

Pain: You may take Tylenol every 6 hours as needed for pain. Avoid pain relievers containing aspirin or ibuprofen for 2 days following your surgery as they may cause bleeding.

Bleeding: A small amount of blood on your bandage the first day after surgery is normal. If you experience heavy bleeding, apply firm pressure over the bandage with a clean towel for 15 minutes and decrease your activity.

Signs of Infection

IT IS NORMAL FOR THE SITE TO BE SLIGHTLY RED. Signs of infection include: pain, warm to the touch, foul smelling drainage, and swelling.

Please call our office at (212) 229-0007 in 2 weeks for your result or anytime if you have any questions or concerns.

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