



## Wound Care Following Surgery on Your Face, Ear, or Scalp

### What should I do?

-Keep the pressure bandage over the treated area for 24 hours.

\*Unless otherwise instructed: \_\_\_\_\_.

-On the day you are instructed to remove your dressing, it is safe to shower. Just allow the soapy water to run over the wound gently. Do not rub or aggressively clean the incision as this can irritate your sutures or cause the glue to peel sooner than necessary.

#### If you have sutures (stitches):

-Apply Vaseline or Aquaphor healing ointment to the sutured site 3-4x/ day for the next three to four days. The ointment will help the wound heal more quickly and minimize scarring. We prefer Vaseline or Aquaphor to antibiotic ointment due to the increase in allergic reactions to antibiotic ointments such as Neosporin.

-You may choose to cover the wound at night with a bandage to keep the ointment from staining your clothing and linens; however, this is not required once the initial dressing is removed.

#### If glue was used:

-DO NOT apply an ointment over the glue and keep the area dry.

-You may choose to cover the wound at night or while in public; however, this is not required once the initial dressing has been removed.

-The glue takes about 7-10 days to flake away. DO NOT pull the glue off during this time.

-*After 14 days*, you may massage the area with Vaseline or Aquaphor to help remove any remaining glue.

### Will I have pain?

-Pain is different for every individual so our recommendation is as follows unless otherwise instructed:

-For the first two days following surgery, you should take an over the counter pain reliever such as acetaminophen (Tylenol) or ibuprofen (Motrin, Advil) every 6 hours even if you are not in pain. It's important to take the medication to "stay ahead" of the pain; once the area begins to hurt, it's much harder to control the pain. Your physician may also prescribe a narcotic pain reliever depending on the extent of your surgery.

### Will I come back after surgery?

-You will be given a follow-up appointment:

1. If you have sutures that need to be removed
2. If you have glue or sutures that dissolve, and your physician or provider requires a "wound check" visit.



### **Will I have Restrictions?**

-Avoid bending, lifting, or any exercise that will increase your blood pressure or heart rate for 1-2 weeks post-operatively as per instruction. These actions will increase the risk of dehiscence (wound spreading apart), delayed healing, infection, and poor scarring.

### **What should I expect?**

-The suture line will develop a thin line of redness and may be tender for several days following surgery.

-It is common to develop swelling for 2-5 days following surgery. Swelling and bruising are especially common around the eyes as this skin may be looser than surrounding areas. This will improve on its own over time.

-If you experience swelling around your eyes, you may use an ice pack. You may apply for 10 minutes at a time. You must wrap the pack in a towel to not burn your skin. Do not apply the ice pack directly over your dressing.

-Sometimes sutured areas may begin to bleed 1-2 hours after the surgery. If this happens, hold continuous firm pressure with a paper towel or gauze to the surgical dressing for 20 minutes without peeking. If the bleeding continues, repeat holding pressure for a second 20-minute period.

### **When should I call you?**

-If there is persistent bleeding after holding pressure for two twenty-minute sessions, then please call.

-If the wound develops a foul smell, becomes more painful after three days following surgery, starts to drain thick gray-yellow pus, or you develop fever or chills, please call.

**-If you have any other questions or concerns, please call. We know this can be a scary and uncomfortable experience and we want to be there to support you.**

### **Whom do I contact with questions?**

-During regular office hours, Monday through Friday from 8 A.M. to 4 P.M., please call us at: 215-390-1449 (the phone number goes to both Willow Grove and King of Prussia).

-For urgent matters during evenings, weekends, or other times that the office is not open, please call Dr. Perlis on his mobile phone at 215-356-6942.

-For non-urgent matters, you may also reach us by e-mail at [nurse@keyderm.com](mailto:nurse@keyderm.com) – Please call the office if you do not hear from us by 2:00 pm