

To reduce the risk of bleeding within the first 24 to 48 hours:

- 1) Refrain from any type of strenuous activities for 48 hours. This includes bending, lifting and exercising. Mild activity such as walking may be resumed after 48 hours.
- 2) Do not drink any alcoholic beverages or take any aspirin or Ibuprofen for pain for 48 hours. Take only **Tylenol** for the relief of discomfort.
- 3) Do **not smoke** for 2-3 weeks. Smoking depletes the blood of its oxygen that healing depends on and could increase the risk of infection or a poor cosmetic result.
- 4) You should keep your head elevated even when you sleep. Place an extra pillow under your head and behind your back when you go to bed. Do not sleep on the wound site.

Bleeding:

A slight amount of oozing is normal at the wound site. However, if excessive bleeding occurs and your bandage gets saturated, you will need to stop the bleeding. You should be able to stop it by using clean gauze or cloth and applying firm pressure directly on the bandage. Do **NOT** remove the bandage, just apply pressure over it. Hold this pressure for a minimum of 20 minutes. Do **NOT** release the pressure to look at the bandage before the 20 minutes of pressure has been applied. Again, do **NOT** remove the bandage we put in place, however you can place another layer of gauze and tape on top of it. If bleeding does not stop, you should reapply the pressure for another 20 minutes. If this does not stop the bleeding, you should call the doctor or go to your nearest hospital.

After 24/48 hours:

- 1) Remove the bulky bandage if one was placed.
- 2) Leave the flat dressing on your skin until you return to our office in one week for a bandage change. You will need to keep your tape dry to accomplish this. Carefully wash around the area.

In the event that your flat bandage comes off or gets wet, you will need a new bandage. For facial wounds call the office to come in and have a new bandage applied. For wounds elsewhere, or if you are unable to come in, follow the instructions below for changing your dressing **daily**.

- 1) Remove wet dressing. As you will be changing the dressing daily, it is okay to shower and get the area wet.
- 2) Clean area daily with tap water and soap. Pat dry.
- 3) Apply Aquaphor (or Vaseline) to band-aid, or non-stick gauze pad and cover wound. Paper tape can be used to secure non-stick gauze.
- 4) Repeat this daily until you come in or for a total of 2 weeks.

SPECIAL INSTRUCTION FOR FACIAL SURGICAL SITES

- 1) While sleeping, keep the head elevated for the first two nights.
- 2) Do not sleep on the side of the body with the wound.
- 3) Do not bend over with your head lower than your heart level.
Bend at the knees to stoop down. Be careful not to lift anything heavy or do anything to cause strain on sutures.
- 4) It is normal to have bruising or discoloration around the surgery site, especially around the eye. Do not be alarmed by this; it will eventually fade and return to normal color.

During the healing process you will notice some or all of the following:

1. Swelling and/or discoloration and bruising around your surgical site. This is common, particularly when performed around the eye.
2. You may experience a sensation of tightness as your wound heals. This is normal and will gradually subside.
3. Redness of the surgical site and surrounding tissue. This is normal.
4. Itching of the surgical site. Patients frequently experience itching after their wounds appear to have healed because of the continued healing under the skin. Plain Vaseline will help relieve itching.
5. Sensitivity to temperature changes (such as cold air). This sensitivity improves with time, but if you are having a lot of discomfort, try to avoid extremes of temperatures.

Signs of complications:

*If you have severe pain and/or swelling that is not controlled with Tylenol, it could indicate bleeding under the skin.

*If you have pain that is getting worse each day instead of better, that could indicate another complication.

*Severe itching with extensive redness could indicate infection or sensitivity to the ointment used to dress the wound or a reaction to the bandage tape.

If you experience what you perceive to be a complication, call our office as soon as possible.

**FOR QUESTIONS CALL:
(301) 681-7000**