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SKIN CANCER SPECIALIST™

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SUTURES & STAPLES WOUND CARE INSTRUCTIONS

1. After surgery, go home & take it easy. (**NO** exertion, bending, lifting or straining)
2. Do not do any heavy lifting or exercising until your follow up appointment.
(Walking for exercise after 72 hours is OK)
3. After **48 hours**, change the dressing. (you may shower at this time)
 - First – gently remove the entire dressing.
 - Clean the area with tap water using Q-tip or sterile gauze pad.
 - Gently pat dry with gauze or Q-tip.
 - Apply white petrolatum (plain Vaseline) to the area.
 - Cover the wound with a band-aid or a sterile non-stick gauze pad (Telfa) and paper tape.
4. Continue the above wound care instructions **daily** until follow up appointment.

Special Instructions for sutured facial sites

- While sleeping, keep the head elevated for the first two nights
- 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 the sutures.
- It is normal to have bruising or discoloration around the surgery site, especially around the eye. Do not be alarmed by this, it will fade and return to normal color.

During the healing process you will notice a number of changes. Mild itching and a narrow halo of redness around the wound are normal. Swelling and discoloration and bruising around your surgical site are not uncommon, particularly when performed around the eye. The swelling may not appear until two or three days after surgery. Black eyes and swelling are common for several days after surgery on the forehead or around the eyes or nose. You may notice a sensation of tightness as your wounds heal. This is normal and will gradually subside. A frequent massage of the wound may be necessary to help loosen the scar. The healed wound may be sensitive to temperature changes such as cold air. This sensitivity improves with time. The scar may be pink for weeks or months after the surgery. The cosmetic appearance of the scar will improve over time. You may also use a non-prescription scar ointment called Mederma to improve the appearance and texture of the scar.