

WOUND CARE INSTRUCTIONS

Days 1-5

Apply a cold compress (towel soaked in cold water) to the incision site as much as possible during the first 3-5 hours to help reduce swelling.

You may start cleaning along the incision lines with half strength hydrogen peroxide (dilute with water) twice daily.

Apply a thin layer of Polysporin or Bacitracin ointment (purchased over the counter) sparingly to the suture line for the first two days only. Discontinue ointment after two days as it may cause a skin irritation or reaction (dermatitis.) * If you have a DermaBond (skin glue) closure, you do not need to apply ointment to the area.

With permission you may shower the second post-operative day. Let the water hit the surrounding area and blot dry. Do not soak the incision sites under running water.

The swelling and discoloration peaks at the third day and then decreases over the next 5-7 days.

If applicable, elevate the operated area above the level of the heart.

Days 5-7

One half to all of the non-dissolving sutures will be removed depending on the size and complexity of the closure.

Wear steri-strips on the suture line at all times for the next 4 weeks, after suture removal. The steri-strips will be provided for you.

You may shower or bathe with the strips in place. Remove the strips every 5-7 days, bathe, dry the area gently and then reapply.

Weeks 2-4

Any remaining non-dissolving sutures will be removed.

Continue to wear steri-strips at all times. The longer you are able to wear the strips after surgery, the more optimal the final appearance of your incision.

Most of the swelling and discoloration should be resolved.

Weeks 3-4

Beginning at 3 weeks after surgery, apply a scar cream to the incisions to maximize wound healing. Use the cream for 6 months after surgery. The addition of a hydrating cream and vitamin cream will promote early softening and maturation of these areas. Clinical grade creams can be obtained from Dr. Beck; however several over the counter varieties are available if preferred.

Months 9-12

The scar will be re-evaluated at this time. Infrequently, scar revision may be needed, but will not be performed until at least 12-15 months after surgery, to allow for maximal wound healing.

GENERAL POST-OPERATIVE CARE

1. **DO NOT SMOKE** or ingest any nicotine containing products. This is very important for optimal wound healing.

15. Prolonged soaking of the incision sites in a bathtub, hot tub, swimming pool or other body of water should be avoided for 4 weeks to allow proper healing to occur.

16. All incisions will be extremely sensitive to sunlight during the healing phase. Direct sun contact or tanning booths are to be avoided. Use of a clinical grade sunscreen with SPF 30 and zinc oxide (UVA and UVB protection) is recommended for at least 6 months.

Sensations like numbness, sharpness, and burning are common during the healing process. These sensations may last several weeks and will gradually disappear.

Strenuous activities and exercises that place tension on the wound site are to be avoided until 3 weeks after surgery. This takes tension off the wound site and improves the quality of the final scar.

Please note:

- If you have nausea, vomiting, rash, shortness of breath, or diarrhea after taking your medications, please call our office.

- If you develop a fever (oral temperature greater than 100°), redness and/or increased pain at the surgical incision sites, please call Dr. Beck immediately.

FOLLOW-UP INSTRUCTIONS

It is important to be seen by Dr. Beck after your initial post-op checks. He will see you for follow-up appointments at 1 week, 3 weeks, 6 weeks, 3 months, 6 months and 1-year post-op. For your convenience you may schedule your appointments at either our Southlake or Dallas office (see below). To schedule your appointment please call us at 214-818-4751 between the hours of 8:30 am – 5:00 pm at least 1 week prior to your desired date.

IF YOU HAVE ANY QUESTIONS, PLEASE CALL DR. BECK

If you need immediate care, please call Dr. Beck anytime on his cell. There is no such thing as a minor question. I would rather you call me than wonder and not do the right thing, so please call my office, or email me anytime.

Dr. Beck's cell: given at time of surgery

Dr. Beck's office: 214-818-4751

Dr. Beck's email: drbeck@dpsi.org

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