

# **THE DERMATOLOGY AND SKIN SURGERY CENTER, PA**

**David A. Kiken, M.D.**

Diplomate of the American Board of Dermatology

## **HOME CARE INSTRUCTIONS FOR SUTURED WOUNDS**

1. After surgery, go home and limit your activities (no exertion, lifting, bending or straining).
2. Do not drink any alcoholic beverages or take any aspirin or aspirin-related products for 48 hours, unless prescribed by your physician. If you require medication to control your discomfort, take only Extra Strength Tylenol or a similar aspirin-free pain reliever. Avoid smoking for at least 7 days after surgery. Smoking will delay, and may even compromise, wound healing.
3. After 24 hours, remove the top bulky bandage. The sutured area may be gently cleansed with hydrogen peroxide. Then apply a thin coating of Aquaphor and replace the dressing with a clean one. If the dressing starts to come loose, you will need to reinforce it with more tape.
4. Do not get the dressing wet for the first 24 hours. After 24 hours you may shower or bathe -- wash around the wound carefully, keeping the wound as dry as possible for seven days.
5. Do not lift heavy items or exercise until the sutures are removed.
6. If bleeding occurs, apply firm pressure for twenty minutes without removing the bandage. If bleeding continues, reapply the pressure for another twenty minutes unless the original bandage is saturated with blood. In that case, replace the saturated, wet dressing with dry gauze, then reapply the pressure for another twenty minutes. If the bleeding persists, please notify us immediately.

## **SPECIAL INSTRUCTIONS FOR SUTURED FACIAL WOUNDS**

1. While sleeping, keep your head elevated for the first two nights. Do not sleep on the same side of the body as the wound.
2. Do not bend over with your head lower than the level of your heart. Bend at the knees to stoop down. Be careful not to lift anything heavy or do anything that may cause strain on the sutures.
3. It is perfectly normal to have bruising or discoloration around the surgery site, especially if the wound is around the eye area. Do not be alarmed by this; it will eventually fade and return to normal color. If the bruising continues to worsen or is associated with swelling, please call the office.

**IF YOU HAVE ANY QUESTIONS  
Call our office at 973-301-9500**