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Minor Procedure Wound Care Instructions

General Postoperative Instructions

- If the incisions are left uncovered or a removable Band-Aid is placed, please clean the area and incision lines twice a day as follows:
 - 1.) Use **hydrogen peroxide** (standard 3% solution) on a Q-tip to gently clean the incision lines. We want to prevent the build-up of crusting and scabbing over the sutures and incision.
 - 2.) Clean the area around the incisions using only warm water without soap.
 - 3.) After cleaning, please pat the area dry with a clean towel. **DO NOT** rub the area.
 - 4.) Apply a small amount of antibiotic ointment (either **Bacitracin** or a generic **“triple antibiotic” ointment**) to the suture lines while the sutures are still in place; Please DO NOT use Neosporin. After sutures are removed, this will be discontinued.
 - 5.) Sutures will be removed between five and seven days after the surgery. After sutures are removed, a “liquid bandage” and steri-strips will be placed. These will fall off on their own over the course of a few days to a week.
- If your incision is taped(steri-strips), please do not remove the tape. This will be removed by the doctor when your stitches are removed. You may get the tape wet while bathing, but it is advisable to direct the water **AWAY** from the operated area while showering. The tape is meant to take tension off the wound and will help with healing. Depending on the status of the wound, the tape may be replaced after the stitches are removed.
- If you have a plastic cast other supportive dressing, clean around this area per instructions. The doctor will remove the cast one week after the procedure, at which time regular cleaning will be initiated.
- A clean suture line will help reduce the possibility of visible scarring and will help to prevent infection.

Medication Instructions:

- **Antibiotic:** Keflex, one pill twice per day for one week (OR) Z-pak, follow instructions in package insert. Other antibiotics may be used for patients with specific allergies.
- **Pain medication:** For most cases, extra strength Tylenol is sufficient. For larger procedures or sensitive areas, you may be given Percocet (5mg/325mg) and you can take one or two pills every four to six hours as needed (maximum of 12 pills in 24 hours).

Select cases:

- **Anti-swelling:** Medrol, take three pills when you get home, three at bedtime, and then follow the instructions on the package insert for the remaining five days.
- **Cold sore prevention:** Valtrex, take one pill twice a day.
- **Antibiotic Ointment (Eyelid Surgery or Reconstruction):** Erythromycin ophthalmic, apply a small amount to suture line twice a day until the sutures are removed.
- **Aquaphor Ointment (Lip surgery):** Apply as directed