

### WOUND CARE

After 48 hours you may remove the dressing. The suture line should be cleansed daily with warm soap and tap water. Gently loosen any crusts with a cotton swab. You may shower after the initial dressing is removed and allow the wound to get wet; however, do not let a forceful stream hit the wound directly. After cleansing, apply Vaseline ointment over the suture line followed by non-stick dressing and tape or bandaid. It is important to keep the wound covered (changing dressing once a day) until you return to the office to have the sutures removed. It is best if a scab is not allowed to form over the wound.

### PAIN

Postoperative pain is usually minimal. Extra-strength Tylenol, 2 tablets every 4 hours, is usually sufficient. Do **not** take aspirin, Motrin or Advil. Extreme pain may be a sign of bleeding or infection. If this occurs, call the office.

### BLEEDING

The dressing placed on your wound is a pressure dressing that helps prevent bleeding; however, blood pressure elevation and physical activity can lead to bleeding. It is important to relax and limit your activity for the first 48 hours. If bleeding soaks the dressing, apply firm, steady pressure for 20 minutes, uninterrupted without lifting. This is usually adequate treatment. If bleeding still persists, repeat the 20 minutes of firm pressure. Call the office if bleeding still persists.

### APPEARANCE

There may be swelling around the wound, especially at surgery sites near the eyes. The area may remain numb for several weeks, even months. You may also experience periodic sharp pains near the wound as it heals. The suture line will be dark pink at first and the edges of the wound will be reddened. This will lighten up day by day and the site will become less tender. If the wound becomes increasingly tender, warm, swollen, drains a pus-like substance or if you develop a fever or chills, please call our office immediately at **704-321-3376**. If you call after hours, our auto attendant will prompt you to press **6**. Dr. Darst will then be paged to return your call.

### PROTECTION

Our chosen product to address scaring is bioCorneum+. It is the only 100% silicone scar treatment with a mild broad spectrum SPF30. bioCorneum+ is a patented, proven silicone technology for minimizing the appearance of scars. Use a small amount twice daily to form a custom fit silicone sheet. Using bioCorneum+ will provide the best environment for the scar to heal and will help speed up the healing process. We carry this in our office as a convenience for you.