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Post Operative Instruction Sheet For Management Of Skin Wounds

Your facial wound has been repaired and sutured with great care so as to promote the best possible result. Interrupted sutures in the face are removed from two to five days-after surgery. Thereafter the wound is strapped with fine mesh gauze and collodion skin glue to prevent stretching of the wound. These dressings stay on for 96 hours and usually fall off or are removed after that time. The exception to this rule is when the stitch extends beneath the skin and is a so called "intra-cuticular" stitch. This kind of suture can be left in longer because it does not leave stitch marks. It comes out at approximately 4-7 days after surgery depending on its location. It should be noted that sutures that are in the trunk or the extremities are usually left in for at least ten days, sometimes longer, depending on the amount of skin tension on the wound.

After all the stitches are out, the wound should be protected from the sun with a sun block (Elta md) until the scar is no longer red. This takes from six to eighteen months. If the scar is exposed to solar radiation prematurely, it may tan and remain pigmented after the surrounding tan has faded. Normal medications which help wound healing are multi-vitamin preparations and Vitamin C (1500 milligrams a day). If you smoke, remember that each cigarette consumes 100 mgms of Vitamin C so take more! A high protein diet is also helpful. A non-allergenic moisturizing lotion is recommended to keep the tissue supple and to use when indoors. Avoid scented preparations. We can provide you with products that we recommend. (see below)

It is important that the wound is kept dry in the first two weeks after surgery. If the sutures are wet, water can track along the suture line into the wound and cause an infection. Do not disturb the dressings, allow the doctor or his nurse to change them as necessary. If there are problems with the wounds, such as redness, swelling, pain or discharge, please call the office.

I can guarantee that I will do my best to take care of you and insure the best result. However I cannot guarantee how your wound will heal. Different people heal differently. Sometimes a scar that is repaired well and looks good in the initial period after the injury may later become widened or raised. A raised scar is called a "keloid" scar. If a patient fails to follow through with the care that is recommended, a less than satisfactory scar may result.

After all sutures are removed, the patient is given a follow-up visit six weeks after surgery. The reason for seeing the patient at this time is to check for keloid formation. Preventative measures can be taken to prevent a keloid from getting worse. A final follow-up visit is usually scheduled four months after this. No sports for one month from the date of injury.

Recommended Products: to be applied thinly for three months

Kelacote at night.

Extra Mild Protection Cream (La Roche Posay) in morning.

Elta MD sun block is applied morning and midday until the redness has faded completely and the scar is white, if the wound is exposed to the sun.. This applies in sunny and cloudy conditions

Kelo-cote[®] is a patented topical silicone gel for the management and prevention of abnormal scars in the form of hypertrophic scars and keloids. Silicone is the clinical gold standard for scar treatment and scar prevention having demonstrated clinical efficacy over all other forms of topical treatments and is recommended by the "International Advisory Panel on Scar Management" as the first line therapy for these types of scars

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BioMedic® – La Roche-Posay Extra Mild Protection

Biomedic Extra Mild Protection 2oz /57 g is a moisturizer that soothes and protects the skin. It is great for all types of skin, but ideal for sensitive skin. It has a light, non-greasy texture that leaves the skin feeling smooth and healthy. Skin Type: All Skin Types, Ideal for Sensitive Skin

Ingredients: Water / Aqua -Cyclomethicone - Colpolyol Dimethicone - Cetyl Dimethicone - Behenyl Alcohol - Sodium Citrate - Dimethiconol - Propylene Glycol - Methylparaben - Propylparaben - Diazolidinyl Urea Volume



ElaMD UV Sport SPF 50

3 oz Tube (Item #02287)

8 oz Pump (Item #02288)

- SPF 50 with 9% Zinc Oxide
- Won't rinse off in water or drip into eyes and sting when you sweat
- May be applied to wet or dry skin
- Great for swimmers, runners, golfers, skiers and all outdoor activities
- Safe for use with children
- Very water resistant

Active Ingredients:

9.0% Zinc Oxide

7.5% Octinoxate

5.0% Octisalate

Inactive Ingredients (alphabetical order):

Ascorbyl Palmitate, Beeswax, Cetyl Dimethicone, Cetyl PEG/PPG-10/1 Dimethicone, Disodium EDTA, Hexyl Laurate, Hydrogenated Castor Oil, Isopropyl Palmitate, Methylparaben, Octyldoecyl Neopentanoate, Polyglyceryl-4 Isostearate, Propylene Glycol, Propylparaben, Purified Water, Sodium Chloride, Tocopheryl Acetate, Triethoxycaprylylsilane

