

Post-Operative Wound Care Instructions

Sutured Wound Care: At Home Bandage Change

- You may resume your normal exercise routine at this time.
- Remove our flat, **brown** bandage on _____.
- Cleanse area gently with antimicrobial soap and pat dry.
- Apply a new bandage to the surgical site using a non-adherent pad and paper tape or a band-aid. You may reinforce the bandage with tape as needed.
- Leave this bandage on and dry for one more week. If the bandage becomes saturated, remove the bandage, gently clean, pat dry, and rebandage.
- This bandage can be removed two weeks after your surgery date on _____.
- Once the bandage is removed, you will no longer need to cover your surgery site and you may get the site wet.
- One month after your surgery, you will need to begin massaging the surgery site.
 - Massage the site for 15 seconds five times a day until the site feels smooth.
 - Apply an adequate amount of pressure to the surgery site when massaging. This helps smooth out the dissolvable sutures underneath the skins surface.
- We advise daily use of sunscreen (SPF 30 or greater).
 - One month after surgery, you may begin applying sunscreen to your site.
- You may have numbness, itchiness, and sensitivity to temperature changes for up to 18 months following surgery.

CONTACT THE OFFICE AT (251) 544-6407 FOR THE FOLLOWING:

- Bleeding not controlled by pressure.
- Increasing pain that is not controlled by over-the-counter medications.
- A drastic increase in swelling, redness, warmth, or pain around the wound.
- ***If after hours, call the office number and follow the prompts to obtain Dr. Freeman's cell number.***
- ***In the event of an emergency and you are unable to reach the physician, seek emergency medical treatment.***