

## **Post-Operative Wound Care Instructions**

### **Sutured Wound Care: One Week Follow Up**

- You may resume your normal exercise routine.
- Do not get your bandage wet for one more week.
- If the flat, ***brown*** bandage starts to come off, add additional paper tape.
- Remove the flat, ***brown*** bandage one week from today's appointment on \_\_\_\_\_.
- Once the flat 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 skin's 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.***