

Scan this QR Code to access a digital version



Download **Scan** from iTunes Store or Google Play

HOME CARE INSTRUCTIONS FOR SUTURED WOUNDS ON THE BODY

FOR THE FIRST WEEK

1. After surgery, go home and take it easy (no exertion, lifting, bending, straining, or exercising).
2. Do not drink any alcoholic beverages or take any aspirin related products for 24 hours. If you require medication to control your discomfort, take only Tylenol or similar aspirin-free pain relievers. Avoid smoking for at least 7 days after surgery. Smoking will delay wound healing.
3. After 24 hours, remove the top bulky bandage. Leave the flat strips of tape on your site for 1 week. If the flat strips of tape are soiled from drainage from the wound, you may cover it with another piece of tape – do not remove. If the strips of tape come off, please call the office and make an appointment to come in and have tape re-applied.
4. Do not get the dressing wet for the first 24 hours. After 24 hours, you may shower/bathe, but you need to wash around the wound carefully keeping it dry for 1 week.
5. It is perfectly normal to have bruising or discoloration around the surgery site, especially if the wound is around the eye area. Do not be alarmed by this because it will eventually fade and return to normal color.
6. If your site was on the face: While sleeping, keep your head elevated for the first two nights. Do not sleep on the same side of the body as the wound. Do not bend over with your head lower than the level of your heart. Bend at the knees to stoop down. Be careful not to lift anything heavy or do anything that may cause strain on the sutures.

FOR THE SECOND WEEK

1. You may slowly and carefully remove the flat strips of tape.
2. Using Q-tips or gauze, gently clean the wound with water to remove any crusting along the suture line. Be sure to wash your hands both before and after each dressing change.
3. Dab dry with gauze.
4. Apply Bacitracin, Polysporin, or Aquaphor ointment (all of which can be purchased over the counter) daily to keep the wound moist for better healing. Do not use Neosporin as a substitute. Do this for 1 week and then stop.
6. Cover with a sterile gauze or a sterile bandage.
7. Please repeat steps (2-5) on a daily basis and after shower/bath until next appointment.
8. Please refrain from any exertion, lifting, straining, exercising, or bending until Dr. Nahm says it is o.k.
9. If your wound becomes red, warm, swollen, painful, begins to drain, or you develop a fever of 101 degrees or greater, please call the office.

Please return to the office for your scheduled follow-up appointment and final suture removal.

IN CASE OF EMERGENCY:

During regular office hours, please call (858) 278-8835 (Option 3)
After hours and on weekends, please call the doctor
or his physician assistant at (619) 318-0952.