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### **HOME CARE INSTRUCTIONS FOR SUTURED WOUNDS**

1. After surgery go home and take it easy, (no exertion, lifting, bending or straining).
2. Do not drink any alcoholic beverages or take any aspirin or 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 dressing on your skin until the sutures are removed, if the flat dressing is soiled from drainage from the wound you may cover it with another piece of tope - do not remove the original piece of tape. If the dressing starts to come loose, you will need to reinforce it with more tape.
4. Do not get the dressing wet for the first 24 hours. After 24 hours you may shower/bathe, wash around the wound carefully, keeping the wound as dry as possible for seven days.
5. Do not do any heavy lifting or exercising until the sutures are removed.

### **SPECIAL INSTRUCTIONS FOR SUTURED FACIAL WOUNDS**

1. While sleeping, keep your head elevated for the first two nights. Do not sleep on the same side of the body as the wound.
2. 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.
3. 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; it will eventually fade and return to normal color.

### **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.