

## POSTOPERATIVE WOUND CARE INSTRUCTIONS

*You have had facial surgery performed using a variety of reconstructive techniques depending upon your individual needs. We strive to attain the best surgical closure using all the principles of modern plastic surgery. However, it is important for you to contribute to a successful long-term outcome by following basic but necessary postoperative wound care.*

1. If you have not been given a postoperative appointment, you must schedule an appointment to be seen one week after your procedure (856-602-4000).
2. For the first three days, try to keep the wound area dry to allow initial skin closure. Unless otherwise instructed, you may wet the area after three days. Pat the area dry without rubbing. For wounds covered with Steri-Strips, leave them dry until you return for suture removal.
3. You may use bacitracin ointment (available over the counter without a prescription) on the wound three times a day. This treatment will promote initial healing. Neosporin®, Polysporin® and triple antibiotic ointment can sometimes cause an allergic reaction on the skin. Therefore, we recommend bacitracin ointment.
4. Gently clean the wound with hydrogen peroxide and pat it dry before applying bacitracin ointment.
5. Do not place makeup, creams or powders on the wound for the first 10 days unless instructed otherwise.
6. Keep the wound covered from direct sunlight until your physician removes the sutures. After they remove the sutures, you **MUST** use a sunscreen containing micronized zinc (available in our office) for at least three months, as any exposure to the sun can result in permanent hyperpigmentation (darkening) of the scar.
7. In addition to the proper sunscreen, other excellent products are available, such as topical antioxidants, which laboratory studies have shown can reduce scarring. Using these products prior to surgery can be beneficial. These products are available through Paragon Skin Care Center.
8. Contact our office (856-602-4000) to discuss your individual postoperative skin care requirements and receive a complimentary skin care consultation. You can easily learn techniques to conceal the scar, and there are many products available to help you achieve optimum skin health.
9. Discuss any concerns you may have with your surgical coordinator or your surgeon.