



ARMANDO J. ALFARO, M.D., FACS

PLASTIC & RECONSTRUCTIVE SURGERY

**WOUND CARE
OFFICE PROCEDURES
POSTOPERATIVE INSTRUCTIONS**

- 1. If a dressing is applied, this may be removed 24 hours after surgery.**
- 2. Start wound care the following day, after surgery. Wash incision with half water and half hydrogen peroxide or wash with any mild soap and water. This is followed by application of an over the counter antibiotic ointment such as bacitracin twice a day.**
- 3. You may resume showering the day after surgery.**
- 4. If bleeding occurs, apply constant pressure to the area for 20 minutes. In the event of excessive swelling, prolonged redness, drainage, or tenderness, please do not hesitate to call our office.**
- 5. Scarring is a part of the natural healing process. Although nothing can make a scar completely disappear, we have had success with an over the counter preparation called Mederma, which will facilitate the healing process and reduce scarring.**

Mederma should be used after the sutures are removed and/or crust has fallen off. Apply 3 to 4 times per day for optimal therapeutic benefit. Use the cream for 6 months.

Mederma is available at our office or at most drug stores.

- 6. Strenuous activity and heavy lifting is to be avoided for at least 4-6 weeks following surgery. Direct sun contact on the scar is to be avoided for 6 to 12 months. Please use a sunscreen of SPF 20 or greater, or Zinc Oxide when in the sun.**