



2345 Lamington Rd Suite 108
Bedminster, NJ 07921
Tel: (908) 470-2600 Fax: (908) 470-1660
www.janjuafacialsurgery.com

PATIENT INSTRUCTION SHEET FOR WOUND CARE

- The wound should be kept covered if possible and ice-cold compresses applied for the first 2 days. This helps to reduce the swelling. Dressings should be kept on at night.
- If your wound was closed with Dermabond glue, then you do not need to clean it as described here. Just try to keep it dry for 2 days.
- ***Clean the wound with hydrogen peroxide using Q-tips or cotton balls and apply antibiotic ointment (Bacitracin) or if Allergic use Aquaphor to the area 3 times a day for 2 weeks following the repair.***
- Keep the area dry for 2 days after surgery.
- Take antibiotics/decongestants/pain medications as prescribed. Avoid taking Aspirin.
- Observe for signs of infection, such as fever, swelling, redness, heat or pus-like discharge, if present notify Dr. Janjua.
- If the wound is around a beard or mustache, don't shave it around the wound. Usually, you can shave with an electric shaver or cut hairs with scissors after suture removal.
- The sutures can usually be removed after 5-7 days unless the sutures are in the scalp in which case they cannot be removed before 2 weeks. If you cannot come to see Dr. Janjua for follow-up, please contact your family physician/local surgeon/plastic surgeon for suture removal and future follow-up.
- No gym for 1 week and no contact sports for 3 weeks.
- Do not smoke as it can interfere with the healing.
- Make-up can be applied 1 week after surgery.
- Avoid exposure of the wound to direct sunlight for 1 year from the day of surgery, as this may cause prolonged redness and hyper pigmentation.
- Starting 2 weeks after the injury, gently massage cocoa butter or Vitamin E or a silicon gel into the scar 3 times a day for 3 months.
- Most scars remain red or pink for 2-3 months from the date of surgery. It takes 9 to 12 months for the scar to fully mature and heal completely.
- If you have stitches in your mouth, then rinse your mouth with half saline and half hydrogen peroxide solution. To make saline solution, add 1 tsp. salt to 1 pint of water. Stay on a full liquid/soft diet for 3-5 days then gradually resume regular diet.
- Check with your pediatrician or family physician if you need a tetanus injection.
- Call my office if you are having any problems or have any questions and to make a follow-up appointment.

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Wound Care - Two Weeks After Procedure or Surgery

Please follow this routine:

- Apply Sunscreen on the incisions every day, even if it is cloudy.
- Wear a hat and avoid direct sun exposure.
- In the evening use Q tips and Silicone Gel to massage the incisions for 5-10 minutes, then reapply the Silicone Gel.
- Follow this routine for a minimum of 3 months.

You can purchase high quality Medical Grade Sunscreen and Silicone Gel directly from our office.