

Dr Ingrid P. Wamuth, P.A.  
420 Front Street  
P.O. Box 578, Elmer, N.J. 08318  
Phone 856-358-1500 Fax: 856-358-1117  
www.drwarmuthskincarecenter.com

### **After Surgery Wound Care Instructions**

1. Remove the pressure bandage 24 to 48 hours after surgery and clean the area with water. Apply Vaseline or Bactroban ointment to prevent a scab from forming. Cover loosely with a clean band-aid. Follow this procedure 2 times a day **until healed**.
2. The only exception would be the face. The band-aid may be left off after the first day unless the area is prone to being irritated by glasses, etc.
3. **For 3 days following your surgery:**
  - A. No Smoking
  - B. No Ingestion of Alcohol
  - C. Take only Tylenol for discomfort
4. **For facial and scalp surgery:**
  - A: Do not bend over for 2 days
  - B: Use 3 pillows to sleep for 2 nights
  - C: Do not allow a scab to form on your wound

During your surgery, the doctor has used an underlying layer of stitches, which are normally absorbed by the body. In some instances, the suture material not be absorbed by your body, and you may need to come back for follow-up treatment. If you notice an acne-like bump or pimple forming along or in the suture – as late as 2 – 8 weeks after your surgery, it is probably the absorbable stitches, and we would like you to call the office.

An additional result of the procedure may be a slight rising of the surgical area due to overzealous healing at the surgery site, and this may require a post – operative visit. We would like to see you if this condition occurs, so please call our office and make an appointment. Many times this will occur several weeks after the stitches have been removed.

### **Steri-Strip Instructions:**

If you have skin colored adhesive strips directly covering your stitches, please keep them dry. If the strips come off, call the office and use the basic care instructions indicated in #1.

If you have any questions or a problem, please call our office at the number listed above.

Thank You,

Dr Ingrid P. Warmuth & Staff