

**Postoperative Wound Care / Surgery date \_\_\_\_\_**

**BATHING AND SHOWERING**

- Wait until 48 hours after surgery to shower. Until then you may sit in the bath, and separately wash your face.
- If you have no surgical drain, you may shower 2 days after surgery on \_\_\_\_\_. Gently pat the incision dry. Keep it open to air. If there is still a drain, you must wait until two days after the drain is removed prior to showering.

**WOUND CARE**

- Do Not Shave near the incision; you may cut the suture and not be able to remove it later.
- On the skin there is a single suture through the incision. There is another suture deeper inside the tissues. This second suture will dissolve over the next several months.
- The suture line is ‘painted’ with a surgical glue to adhere the edges of the skin.
- The glue and the stitch are both to be removed seven days after surgery. \_\_\_\_\_  
The glue will peel itself off and you can pick at it to remove as much as you can. Then, to remove the suture: there are two ‘wings’ on either end of the incision line. Grab one suture ‘wing’ - clip it and toss it away. Then grab the other end and tug firmly. There are no knots in the suture and it should pull out. (We don’t want you to drag the ‘dirty’ wing through the incision site. ) You can see one end on the left of the photo. The sutures are clear in color.
- It is important to keep sunscreen on the suture line over the next year to eliminate scarring as much as possible.
- You may massage the site over the next few months to help the underneath suture to dissolve, and to break down the inflammation. No more than a few rubs several times a day.

SUTURE



NAME :