

GUIDELINES FOR GENERAL WOUND CARE

PRE-PROCEDURE

1. There are a number of over-the-counter supplies you should obtain prior to your surgical date. All of these can be purchased at your local pharmacy. These include:
 - a. Quality-tips, or Q-tips.
 - b. A small bottle of 3% hydrogen peroxide.
 - c. A tube of Bacitracin ointment. We recommend you avoid Neomycin and Neosporin.
2. Avoid all medications listed on our current 'Restricted Medications' list for at least 14 days prior to your surgery. If you misplace the one provided to you, the list is always on our website for you to download and reference. Tylenol is acceptable to take if you are having any pain symptoms leading up to surgery. If you have any questions regarding medication use, please contact our office.
3. You *can* take Tylenol (1000 milligrams) about 30 minutes prior to arrival in the office.
4. Dr. Hilinski typically provides you with a prescription for postoperative medication (narcotic pain reliever) prior to your surgical date. If a prescription was not provided, contact our office to have one sent to your local pharmacy. This medication should be picked up **before** your scheduled date so that you have it immediately available after leaving the center.
5. Do not apply any make-up, face creams, or moisturizers on the day of surgery. You should dress in comfortable, loose-fitting clothing – preferably a button-down shirt. Please do not bring any unnecessary valuables with you to the office.

AFTER CARE

1. When you leave the center, you will likely have a bandage over the wound. Leave this in place for at least 24 hours and do not let it get wet or soiled. It is not unusual for some mild bleeding to occur under and around the bandage.
2. It is normal for the wound to look swollen, distorted and even bruised at this point. It is also normal for the wound to look a bit raised, like a ridge. This is often done intentionally.
3. Cleaning the wound after surgery is critical for achieving an ideal result. If you fail to do this properly, it is your fault. If you have questions regarding this, please inquire in advance of your surgery date.
4. The following should be done 2-3 times per day for 5-6 days after your surgery. Doing this more frequently can and will lead to complications. During each cleaning session:
 - a. Use a Q-tip dipped in dilute hydrogen peroxide. The hydrogen peroxide and be diluted with clean water in a 1:1 ratio. First gently, but thoroughly, clean the skin sutures (stitches). A gentle swipe of the saturated Q-tip along the sutures will help remove blood and debris that would, otherwise, accumulate. **YOU DO NOT WANT ANY SCABBING TO OCCUR.** The endpoint of this step is to not allow anything to accumulate along the sutures.
 - b. Dry the peroxide with a clean, dry Q-tip.
 - c. Apply a generous layer of Bacitracin ointment using a Q-tip.
5. If you would like to cover the wound after each cleaning session, you may do so. But we recommend using a 'non-adherent' dressing, such as Telfa. These can be purchased at your local pharmacy.
6. Sleep with the head elevated 20-30 degrees for 72 hours.
7. You may shower after 48-72 hours. When you do so, use a mild soap or shampoo (such as Baby Shampoo) and allow the lather to gently clean the surface of the skin. Do NOT rub or scrub the wound surface.

8. Avoid any strenuous and/or vigorous activity until cleared by Dr. Hilinski.
9. Begin taking the pain medication and antibiotics as directed. It may take several dosages of the pain medication before you feel the full effects taking place.
10. Continue taking Arnica as directed for another week after surgery.
11. Continue to refrain from using any medication on the 'Restricted Medications' list for at least one week after surgery.
12. Avoid application of makeup on the wound until cleared by Dr. Hilinski. Even when cleared, caution should be used when applying and removing makeup to avoid mechanical trauma to the wound.
13. We recommend using a topical silicone gel, such as BioCorneum, once the sutures have been removed and/or dissolved away. You should continue using this wound healing aid for 3-4 months after surgery.
14. SUN EXPOSURE IS TO BE AVOIDED FOR AT LEAST 8 WEEKS AFTER SURGERY. A total sunblock containing zinc oxide or titanium dioxide should be applied daily if you are in the sun. Sun exposure may cause certain complications, such as permanent skin discoloration.
15. Persistent redness can be seen for weeks to months in some patients. A green-based makeup will help to hide this redness.
16. Keep in mind that scars will take upwards of one full year (and beyond) to fully heal and mature.
17. In some cases, Dr. Hilinski may recommend any number of adjunct procedures to help further optimize your healing. This may include laser treatment, steroid injection, and other interventions. Not everyone will need these additional interventions. Dr. Hilinski will make this determination on a case-by-case basis.

QUESTIONS?

Call our offices immediately at (619) 296-3223 if you have any questions or concerns.