

JOHN HILINSKI

FACIAL PLASTIC SURGERY

Certified American Board of Facial Plastic Surgery
Certified American Board of Otolaryngology Head and Neck Surgery
Harvard Medical School Graduate

WOUND CARE

Necessary Supplies

There are several over-the-counter supplies you should obtain prior to your surgical date. Some of these can be purchased at your local pharmacy and some of them will be supplied by the office.

This includes:

- Quality-tips – more commonly known as Q-tips
- A mild anti-bacterial soap (such as Dial)
- A tube of over-the-counter Bacitracin ointment (do NOT use Neomycin-containing ointments)
- As an alternative to Bacitracin, you can get Stratamed ointment, which is typically purchased online

INCISION CLEANING

At the conclusion of your surgery, there will likely be a dressing over the surgical site. Leave this dressing intact and make sure to keep it clean and dry during the first 24 hours of healing. It is not unusual to experience a little bleeding under and around the bandage during this period. After 24 hours, you should carefully remove the dressing.

Cleaning the surgical site is critical to achieving an ideal result. If you fail to do this properly, it is your own fault. The following steps should be performed 2 times per day for the first 5-6 days of your recovery.

Using Bacitracin

1. First dip a Q-tip into the anti-bacterial soap solution.
2. Use the saturated Q-tip to gently clean the incision line to remove any debris, including dried blood that may have accumulated around the sutures (stitches). The end goal is to see the sutures in the skin without surrounding debris. But do not rub or scrub the incision line in the process of cleaning it with the Q-tip. Use a gentle rolling motion as you clean.
3. Dry the area with a new, clean Q-tip. This is an important step that needs to be done thoroughly before the next step.
4. Apply a thin layer of Bacitracin ointment to the incision line using a Q-tip and the same rolling motion.
5. If you would like to cover the incision after cleaning, only do so with a 'non-adherent' dressing, such as Telfa. When taping the non-adherent dressing make sure to avoid placing the tape on the actual surgical site. Dr. Hilinski does not recommend using the non-adherent dressing for longer than 72 hours.
6. Repeat the steps above in 12 hours.

Using Stratamed

1. First dip a Q-tip into the anti-bacterial soap solution.
2. Use the saturated Q-tip to gently clean the incision line to remove any debris, including dried blood that may have accumulated around the sutures (stitches). The end goal is to

see the sutures in the skin without surrounding debris. But do not rub or scrub the incision line in the process of cleaning it with the Q-tip. Use a gentle rolling motion as you clean.

3. Dry the area with a new, clean Q-tip. This is an important step that needs to be done thoroughly before the next step.
4. Wash your hands thoroughly and dry them. Apply a very thin layer of Stratamed along the suture line using the applicator and your finger. Allow the Stratamed to dry for 5-6 minutes. If it runs off the incision line and/or stays sticky then you used too much. If this occurs, lightly blot the area with a Q-tip to remove the excess Stratamed and allow the area to dry. Of note, you will need to cut the Stratamed tip off the applicator with scissors the first time you use it.
5. Apply another coat of the Stratamed in 12 hours. Always wash your hands thoroughly before applying Stratamed. It should be applied twice a day every day. On the second application, you can simply reapply the Stratamed if the incision is clean. However, if you see some dried blood or crusting that needs to be removed, then clean the wound again as directed in step 2 above before reapplication of the Stratamed.
6. If you would like to cover the incision after cleaning, only do so with a 'non-adherent' dressing, such as Telfa. When taping the non-adherent dressing make sure to avoid placing the tape on the actual surgical site. Dr. Hilinski does not recommend using the non-adherent dressing for longer than 72 hours.

QUESTIONS AND CONCERNS

If you have any questions or concerns regarding the information contained here, please do not hesitate in contacting our office.