



John Hilinski M.D.  
PLASTIC SURGERY

# PREOPERATIVE

## GENERAL WOUND CARE

### OVERVIEW

These instructions apply to surgical incision care following your procedure. Proper wound care is essential to support healing, minimize infection risk, and optimize scar appearance.

### SUPPLIES

Please obtain the following supplies prior to your procedure if instructed:

- Q-tips
- Hydrogen peroxide (3%)
- A mild antibacterial soap such as Dial
- Vaseline or Aquaphor ointment
- Clean gauze pads

### WHEN TO BEGIN

Do not begin incision care until you have been instructed to do so. If dressings are in place, no wound care should be performed until those dressings have been removed and you are directed to start cleaning.

### GENERAL PRINCIPLES

- The goal of wound care is to gently remove dried blood and debris while keeping the incision clean and slightly moist.
- Cleaning should be gentle, consistent, and not excessive.
- Avoid scrubbing, rubbing, or applying pressure to the incision sites.

### THE CLEANING PROCESS

Cleaning should be performed three times per day. Only one of these cleanings (typically the morning) should involve the use of diluted hydrogen peroxide.

#### *Morning*

- Prepare a diluted hydrogen peroxide solution by mixing equal parts 3% hydrogen peroxide with clean water. Do not use full-strength peroxide.
- Using a Q-tip dipped in the solution, gently clean along the incision lines using a light rolling motion to remove visible debris. Limit this step to approximately 10–15 seconds per area.
- Dry the area with a clean Q-tip or gauze to remove any residual solution.



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- Apply a thin layer of ointment as directed using a clean Q-tip.

***Afternoon***

- Using a mild antibacterial soap mixed with water, gently clean the incision sites using the same light rolling technique.
- Dry the area with a clean Q-tip or gauze, then apply a thin layer of ointment.

***Evening***

- Repeat the same steps as the afternoon cleaning using the antibacterial soap solution.
- Dry thoroughly and apply ointment.

Do not perform cleaning more frequently than instructed, as excessive cleaning—particularly with hydrogen peroxide—may interfere with proper healing.

**ONGOING CARE**

- Continue this routine until you are instructed to stop.
- Once directed, you may transition from antibiotic ointment to a non-medicated ointment such as Vaseline or Aquaphor.

**SIGNS OF NORMAL HEALING**

- Mild redness along the incision
- Minimal swelling
- Small amounts of clear or slightly blood-tinged drainage

**SIGNS OF CONCERN**

- Increasing redness or warmth
- Thick or foul-smelling drainage
- Worsening pain
- Fever greater than 101°F

If you experience any of these symptoms, contact our office.

**ADDITIONAL PRECAUTIONS**

- Avoid unnecessary manipulation of the incision sites.
- Do not pick at scabs or crusting.
- Protect healing areas from sun exposure once appropriate.



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**FINAL NOTE**

Careful and consistent wound care plays an important role in your overall healing and final result.