

# Dr. Nicholas Jones, MD, FACS

Plastic and Reconstructive Surgeon

## WOUND CARE INSTRUCTIONS

### Days 1 – 5

- Apply a thin layer of antibiotic ointment to incision for first three days only. Stop using the ointment after three days as it can irritate the skin or cause a reaction.
- If you have a subcuticular skin closure or skin adhesive (dermabond), you do not need to apply ointment.
- If you had a keloid surgery and you are undergoing radiation, do not use ointment.
- It is ok to shower 24 hours after your surgery and is encouraged; Allow water to run over the incision and pad the area dry. Do not scrub or pick at the wound
- If steristrips or paper tape has been placed, keep them in place, if they appear moist or if there is drainage from the wound, please call the office or nurse practitioner
- Swelling and discoloration is expected and typically begins to subside at day three or four

### Days 5 – 7

- Remove steristrips and tape on day 7 and reapply weekly for the first 4 weeks;
- Swelling and bruising should be resolved or nearly gone

### Weeks 2 – 4

- Scar therapy – if wounds have healed; start scar massage, massaging scar cream into the incision in a circular motion two to three times daily;
- For best results, scar therapy should be continued for the first 6 – 8 weeks
- Scar cream can be purchased in our office and contains special ingredients including Vitamin C and E, and sunscreen
- Also recommend using a silicone- based product such as (Scar Away, Mederma); aids in wound healing and optimizing scar appearance
- Follow-up appointment with Dr. Nicholas Jones; all patients should be seen by Dr. Jones within the first two weeks after surgery
- Avoidance of the sun when possible, and sunscreen to protect the surgical site from UVA/B; aids in preventing discoloration
- OK to gently cleanse wound (directly)

### Weeks 4 – 6

- Critical period for wound remodeling
- No strenuous activity including sexual activity;
- Continue scar therapy

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Months 6 – 12

- Follow-up appointment with Dr. Jones to reassess healing and scars; during this time, wounds some times need to be revised
- Sunscreen with protection against UVA and UVB

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Remember, it is vital that you make your initial post-op appointments and be seen by Dr. Jones. He will see you at least once in the first two weeks, then at one month, 6 months and 1 year.

Call to schedule your appointments at 404-400-1230 ext. 127 between the hours of 9:00 – 5pm, Monday to Friday.

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**IF YOU HAVE ANY CONCERNS OR PROBLEMS, PLEASE CALL US IMMEDIATELY. IF IT IS URGENT OR AN EMERGENCY DIAL 911 OR REPORT TO YOUR NEAREST EMERGENCY ROOM.**

If you are not sure, please contact us and schedule an appointment to be seen. There is not such thing as a bad question or concern. We want to make sure you receive the appropriate care; the worst decision is to wait! If it is after business hours, please call our on call hotline at 212-223-0716 ext. 101

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