

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); aids in wound healing and optimizing scar appearance
 - **FOR SILICONE SHEETS**
 - **Ensure wound is clean before applying and dry of any creams, lotions, or ointments**
 - **Wear daily for 6-24 hours, remove once daily to allow site to be washed and dried**
 - **If gel sheet becomes dirty or loses adhesiveness, wash gently with mild soap and water. Allow to air dry before reapplying**
- Follow-up appointment with Dr. Nicholas Jones; all patients should be seen by Dr. Jones within the first two weeks after surgery
- **If you had a facial procedure or neck procedure, your sutures need to be removed within 5-6 DAYS**

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- 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

Months 6 – 12

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

V-Beam After Treatment Instructions (KELOID PATIENTS ONLY)

- You may apply ice, cold packs, or frozen peas to the treated area for 20 minutes each hour for 3-4 hours to avoid swelling
- You may apply polysporin antibiotic ointment twice daily should any area blister, do not use more than 4 days.
- A bruise usually occurs from this treatment and can last 10-14 days or more, depending on the setting of the laser.

Remember, it is vital that you make your initial post-op appointments and be seen by Dr. Nicholas 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.

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.

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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 917-674-2374

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