Member
AMERICAN SOCIETY OF PLASTIC SURGEONS

KIRWAN
PLASTIC SURGERY

THE AMERICAN SOCIETY FOR AESTHETIC PLASTIC SURGERY

Post-Operative Instructions for Surgical Wounds

Your surgical wound has been repaired and sutured with great care to promote the best possible result.

- Interrupted sutures in the face are removed from two to five days-after surgery.
- Thereafter the wound is strapped with fine mesh gauze and skin glue to prevent stretching of the wound. These dressings stay on for 96 hours and usually fall off or are removed after that time.
- Sutures that are in the trunk or the extremities are usually left in for at least ten days, sometimes longer, depending on the amount of skin tension on the wound.

After all the stitches are out, the wound should be protected from the sun with a **sun block** until the scar is no longer red. This takes from six to eighteen months. If the scar is exposed to solar radiation prematurely, it may tan and remain pigmented after the surrounding tan has faded. Normal medications like a **multi-vitamin** and **Vitamin C** (1500 milligrams a day) help with wound healing. A high protein diet is also helpful.

It is important that the wound is kept **dry in the first two weeks after surgery**. If the sutures are wet, water can track along the suture line into the wound and cause an infection. Do not disturb the dressings; please allow the doctor or his nurse to change them as necessary. If there are problems with the wounds, such as redness, swelling, pain or discharge, please call the office.

I will do my best to take care of you and ensure the best result, however I cannot guarantee how your wound will heal. Different people heal differently. Sometimes a scar that is repaired well and looks good in the initial period after the injury may later become widened or raised. If a patient fails to follow through with the care that is recommended, a less than satisfactory scar may result.

After all sutures are removed, the patient is given a follow-up visit six weeks after surgery. The reason for seeing the patient at this time is to check for keloid (raised scars) formation. Preventative measures can be taken to prevent a keloid from getting worse. A final follow-up visit is usually scheduled four months after this.

Recommended Products: Stratamed/Strataderm to be applied thinly for at least three months

10 Mott Avenue Suite 1A Norwalk, CT 06850 Phone 203-838-8844 Fax 203-774-1177
www.drkirwan.com