

## **Wound Care Instructions for 1 week after surgery**

1. One week after surgery you may resume your regular skin care routine, including washing with mild soap & water, applying moisturizer, make-up, & sunscreen.
2. If there are any open or bleeding areas at the incision/graft site you should begin to cover the area with a bandage **daily** as follows:
  - Clean and dry the area with plain tap water using a Q-tip or gauze pad
  - Apply vaseline to the open area
  - Cover the wound with a band-aid or sterile **non-stick** gauze pad and paper tape

### **Repeat Instructions above until the wound is completely healed**

\*Once all the bandages are removed, the scar will be red and firm (especially in the lip/chin area) This is normal and will fade in time. It might take 6-12 months for this to happen.

**\*Massaging the area will help the scar softener and fade quicker. Begin to massage the area one month after the bandages have been removed. To massage, apply pressure directly and firmly over the scar with the fingertips and move in a circular motion. Massage the area 10 times a day for 30 seconds.**

Approximately 6-8 weeks after the surgery it is not uncommon to see the formation of “tender pimple-like” bumps along the scar. This is normal. As the scar continues to mature and the stitches underneath the skin begin to dissolve, this might occur. Do not pick or squeeze, this will resolve on its own. Should one break open producing a small amount of drainage, apply vaseline a few times a day until the wound is completely healed.

Numbness in the surgical area is expected. It might take 12-18 months for the feeling to return to normal. During this time sensation of itchiness, tingling and occasionally sharp pains might be noted. These feelings are normal and will subside once the nerves have completely healed. Applying vaseline and massaging the area can help.