

Wound Care for Procedures with Sutures

- No exercise for 7 days as this may cause bleeding.
- Apply ice for 10 minutes every hour while awake for the first day.
- Take Tylenol 500mg, 2 tablets every 6 hours as needed for pain, not to exceed 3 grams (1 gram is equal to 1000mgs) in one 24 hour period. No aspirin, ibuprofen, or other over the counter products that contain aspirin and other blood thinners for 48 hours unless directed otherwise.
- Do not drink alcoholic beverages for 48 hours.
Smoking is detrimental to wound healing, so stopping or decreasing for 3 weeks is ideal and will aid the healing process.
- Keep the pressure bandage in place until the following morning. If the bandage becomes blood tinged or loose, reinforce it with gauze and tape.
- It is normal to have swelling and bruising around the surgical site. Elevate the area to reduce swelling. Sleep propped up on 2 – 3 pillows after facial surgery.

IF TOP STICHES ARE IN PLACE, remove bandage after 24 hours and follow directions below:

1. Gently wash the sutured area with soap and water (you may shower/bathe/shampoo normally) and pat area dry. Do not scrub the suture line. The area should be clear of any drainage or crust.
2. Apply petrolatum ointment to the sutures once per day for 1 week. *Do not use Neosporin ointment*. Cover site with bandaid until suture removal in _____ days.

IF STERI STRIPS ARE IN PLACE, remove bandage after 24 hours and follow directions below:

If you have steri strips (or butterfly tape) in place under your pressure bandage, do not apply ointment to these. This will cause the steri strips to come loose and fall off. Leave in place. You may shower normally and you do not need to cover them. Change these once per week, or replace as needed if any fall off. Continue this as directed. You may be asked to use the steri strips for 1 to 2 months.

BLEEDING:

1. Leave bandage in place.
2. Use rolled up gauze or a clean cloth to apply direct pressure over the bandage for 20 mins. Do not release.
3. Call the office if the pressure fails to stop the bleeding.
4. Use additional gauze and tape to reinforce bandage once the bleeding has stopped.
5. Begin wound care the following morning or as directed.
6. If rapid increased swelling occurs around the site, please contact the office.

PAIN:

1. Post-operative pain should slowly get better, never worse.
2. A severe increase in pain may indicate a problem. Call the office if this occurs.

CALL THE OFFICE IF...

1. The bandage becomes saturated with blood, or you are having bleeding that is not stopping with direct pressure after 20 mins.
2. You are having increased pain that is not relieved with Tylenol or prescribed medication. Pain after 48 hours is not expected.
3. The wound appears to be getting worse instead of getting better each day (increased pain, increased redness, increased swelling, warm to touch).

How to reach us: call (503) 223-3104, ext 1809. For after hour emergencies only, such as uncontrolled bleeding, please call (503) 208-8127.

Notice of Availability

If you speak another language, free language assistance services and appropriate auxiliary aids and services are available to you. Let us know how we can help.

Spanish

Si usted habla español, hay disponibles para usted servicios gratuitos de asistencia de idiomas y dispositivos y servicios auxiliares adecuados. Infórmenos cómo podemos ayudarlo.

Vietnamese

Nếu quý vị nói Tiếng Việt, chúng tôi có sẵn dịch vụ hỗ trợ ngôn ngữ miễn phí cũng như các phương tiện và dịch vụ hỗ trợ phù hợp dành cho quý vị. Xin hãy cho chúng tôi biết cách chúng tôi có thể trợ giúp cho quý vị.

Chinese

如果您说 中文，我们可提供免费的语言帮助，以及适当的辅助援助和服务。请告知我们，您需要什么样的帮助。

Russian

Если вы говорите на русском, мы можем предоставить бесплатно помощь на вашем языке, а также и соответствующие вспомогательные средства и услуги. Сообщите нам, как мы можем помочь.

Korean

한국어 를 구사하시는 경우 무료 언어 지원 서비스와 적절한 보조 도구 및 서비스를 이용할 수 있습니다. 어떻게 도와드릴 수 있는 지 알려주세요.

Ukrainian

Якщо ви розмовляєте цією мовою: українська, то можете отримати безкоштовну допомогу й послуги, зокрема мовні. Повідомте нам, чим ми можемо допомогти.

Japanese

日本語を話される方は、無料の言語支援サービスや適切な補助器具やサービスをご利用いただけます。 私たちがどのようにお手伝いできるかお知らせください。

Arabic

إذا كنت تتحدث [العربية]، فستتوفر لك الخدمات المجانية بشأن المساعدة اللغوية مع المعونات الملائمة والخدمات المساعدة. دعنا نعرف كيف يمكننا مساعدتك.

Romanian

Dacă vorbiți română, serviciile gratuite de asistență lingvistică și ajutoarele auxiliare adecvate sunt disponibile pentru dumneavoastră. Informați-ne cum vă putem fi de ajutor.

Thai

ถ้าคุณพูดภาษาไทย มีบริการช่วยเหลือด้านภาษาฟรี รวมถึงความช่วยเหลือและบริการเสริมที่เหมาะสมแก่คุณ แจ้งให้เราทราบว่าเราสามารถช่วยได้อย่างไร

German

Wenn Sie Deutsch sprechen, stehen Ihnen kostenlose Sprachassistenzen und geeignete Hilfsmittel und Dienstleistungen zur Verfügung. Teilen Sie uns mit, wie wir helfen können.

Persian

اگر به زبان فارسی صحبت می کنید، خدمات رایگان زبانی و وسایل و خدمات کمی مناسب در دسترس شما هستند. به ما اطلاع دهید که چگونه می توانیم کمکتان کنیم.

Somali

Haddii aad ku hadasho Soomaali, adeegyada kaalmada luqadda bilaashka ah iyo kaalmooyinka iyo adeegyada ku habboon ayaa diyaar kuu ah. Nala soo socodsii sida aan u caawin karno.

French

Si vous parlez français, des services d'assistance linguistique gratuits et des aides et services auxiliaires appropriés sont à votre disposition. Dites-nous comment nous pouvons vous aider.

Khmer

ប្រសិនបើអ្នកនិយាយភាសាខ្មែរ សេវាជំនួយភាសាខ្មែរដោយឥតគិតថ្លៃ និងឧបករណ៍ជំនួយនិងសេវាជំនួយសមស្រប មានសម្រាប់អ្នក។ សូមអនុញ្ញាតឱ្យយើងដឹងថា យើងអាចជួយអ្នកបានដោយរបៀបណា។