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Your recovery is just as important as your surgery.

WOUND CARE INSTRUCTIONS

Following Suture Repair of a Facial Wound

Proper wound care in the first 1–2 weeks — combined with sun protection and scar therapy over the following months — optimizes healing and helps achieve the best possible scar. Please read the entire document and keep it handy throughout your recovery. Call our office at **949.650.8882** (Newport Beach) or **310.467.2180** (Beverly Hills) with any questions or concerns.

CALL OUR OFFICE IMMEDIATELY

Newport Beach: 949.650.8882 **Beverly Hills:** 310.467.2180

Contact us right away if you experience any of the following:

- Worsening redness, swelling, or pain after day 3
- Spreading redness or red streaks extending from the incision
- Yellow or green drainage, or a foul odor
- Fever above 101°F (38.3°C) or chills
- Bleeding that does not stop after 15 minutes of firm pressure
- Wound edges separating or sutures coming loose

For life-threatening symptoms, always call 911 or go to the nearest emergency room first.

Supplies You Will Need for Wound Care

- A fresh bottle of hypochlorous acid to ensure its potency. We recommend Recovery No. 1 which can be purchased in our office.
- Vaseline Original Petroleum Jelly (plain only — no cocoa butter, aloe, or scented versions).
- Cotton-tipped applicators.

- A gentle facial cleanser such as Vanicream Gentle Facial Cleanser.

Cleansing

- **For the first week until sutures are removed:** Cleanse twice daily with a gentle cleanser such as Vanicream Gentle Facial Cleanser. Use fingertips only and pat dry.
- Do not use hydrogen peroxide, alcohol, or abrasive scrubs.
- Do not pick at scabs, crusts, or the suture line.

Hypochlorous Acid and Vaseline

- Open a fresh bottle of hypochlorous acid around the time of surgery for best potency.
- Clean the sutures **3–4 times daily while awake**. Spray the sutures directly with hypochlorous acid spray. Allow it to dry for 1 minute, then apply a thin layer of Vaseline to the sutures using a cotton tipped applicator. **Once the sutures are removed, you no longer need to clean the sutures with hypochlorous acid, and you no longer need to apply Vaseline.**
- A small amount of crusting is normal. Cleanse gently — do not aggressively remove crusts.

The First Week

- Sleep with your head elevated on 2 pillows for the first week to reduce swelling.
- Apply a cold compress 15 minutes on, 15 minutes off, during waking hours. Do not apply ice directly to the incision. Do this for the first 24-72 hours to minimize bruising and swelling.
- Avoid strenuous exercise, heavy lifting (greater than 10 lbs.), and bending at the waist for 7–10 days. Strenuous exercise may increase the risk of bruising and swelling.
- **If bleeding occurs** apply firm, continuous pressure with clean gauze for 15 minutes. Call our office if it does not stop.

Medications

- For pain: Tylenol (Acetaminophen) as directed or as prescribed.
- **Avoid aspirin, ibuprofen, naproxen, fish oil, vitamin E, and alcohol for 48–72 hours** — these increase bleeding risk.
- Resume routine home medications except for those medicines that increase bleeding risk.

Nicotine

- **Avoid all nicotine** — including cigarettes, vaping, patches, and gum — 4 weeks before your procedure and do not resume nicotine until 4 weeks after your procedure. Nicotine significantly impairs wound healing and increases the risk of complications.
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Sun Protection

- **For the first week:** Avoid direct sun exposure. Wear a wide-brimmed hat and sunglasses. Do not apply sunscreen directly to the wound while sutures are in place. If exposure is unavoidable, cover with a small bandage or paper tape and remove once indoors.
- **After suture removal:** Apply broad spectrum sunscreen SPF 30+ to the scar daily for 6–12 months. Daily sun protection is the single most effective way to prevent a darkened or widened scar.

Suture Removal

- Sutures are typically removed 5–7 days after surgery. This appointment is scheduled before you leave.
- Do not remove sutures yourself, even if one appears loose.
- Hold makeup, cosmetics, and facial treatments (peels, lasers, microneedling) until sutures are out and the wound is fully closed.

Scar Care (1 month and Beyond)

- **Silicone gel:** Begin 1 month post procedure. Apply daily for 8–12 weeks.
- **Scar massage:** Begin at 1 month after your procedure. Gentle circular pressure for 2–3 minutes, 2–3 times daily.
- **Daily SPF:** Continue broad spectrum sunscreen SPF 30+ for 6–12 months (see above).
- **In-office treatments:** Ask about laser, steroid injection, or other refinement options if the scar becomes raised, red, or thickened.

Questions or Concerns?

Please do not hesitate to contact our office at **949.650.8882** (Newport Beach) or **310.467.2180** (Beverly Hills) during business hours. For life-threatening symptoms, always call 911 or go to the nearest emergency room first.

Healing is a gradual process. We are here to guide you every step of the way.