



## Extended Wound Care Instructions

Wounds/scars heal best when they are kept well moisturized with Vaseline or Aquaphor. Any crusting/scabbing that occurs should be gently removed by soaking the area with warm water, increasing vaseline treatment until scab falls off on its own. **DO NOT EVER PICK OFF A SCAB.** This will cause a scar by further traumatizing the fragile wound.

1. Continue applying Vaseline or Aquaphor for 2-3 weeks after suture removal. AVOID antibiotics ointment as they may cause a rash or itching.
2. To ensure the best results, disturbing the wound(s) should be kept at a minimum.
3. One week after suture removal you may begin to massage the scar using Vaseline or Aquaphor along the suture line. Press your fingers down firmly along the scar line and massage gently.
  - You may feel some lumpiness along the line due to internal sutures that are dissolving by way of inflammation. Internal sutures may take 6-8 weeks to fully dissolve.
  - Sometimes an internal suture may work its way to the top of the suture line and create a small sore. If so, apply Vaseline or Aquaphor and keep covered with a bandage. Once the stitch works its way out, the sore will heal.
  - If a white or clear thread is protruding from the suture line, do not pull the thread, it may be trimmed close to the skin.
  - During healing, new blood vessels and collagen are forming creating a pinkish hue and a feeling of firmness to the wound which will improve with time.
4. 6-8 weeks after surgery, thickening of the scar can start to occur. If firmness or itching becomes excessive, an appointment may be made at our office to have the scar injected to help flatten the scar.
5. Occasionally a scar may be a candidate for dermabrasion. Dermabrasion can help smooth the edges of a scar and make the defect less noticeable. Often scars on the face are treated this way.
6. Each wound heals uniquely depending on the patient age, genetic make up, level of wound care and general health status. Wounds may continue remodeling for years after a procedure and usually look better with time.
7. Please follow up with your primary dermatologist for routine skin examinations.
  - Patients that have had skin cancer, have a 40-60% chance of developing another skin cancer throughout their life.
  - A sunscreen with a SPF 30 or greater is recommended. Re-apply as often as needed.

Occasionally, early scabbing/crusting can appear to be brownish, greenish, and/or yellowish material which is located centrally inside the wound. This is **NOT** a sign that the wound is infected.

### Signs of infection include:

- Thick, yellowish, milky discharge with an odor
- Bright redness surrounding and extending outward from the site
- The surrounding skin feeling hot to touch with increased swelling around the site

If you have any concerns not addressed by these instructions please contact us at (410) 252 - 9090. Our team is committed to helping you achieve the best possible result for your unique circumstances.