

SOUTHERN CALIFORNIA ORAL AND FACIAL SURGERY GROUP
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FACIAL WOUND CARE INFORMATION

Much time and surgical skill went into repair of your facial soft tissue injury and/or surgical incision. These instructions will help to minimize complications and allow for the most optimal result of your treatment. Please follow them as closely as possible. Call the office if you have any questions or concerns.

- 1) If a dressing was placed over the wound, please leave it in place for the first 24 hours. In most cases, the dressing may be removed after this time and the wound left uncovered for the remainder of the healing period. If the dressing should become wet or contaminated, it should be replaced with a clean, sterile pad.
- 2) You may shower starting on the second day after surgery. Keep the wound(s) covered with sterile gauze in the shower, then remove the wet gauze as soon as you are done. After five days, it is not necessary to cover the wounds in the shower. Do not take a bath for the first week, as this bathes the wound in dirty water.
- 3) Wounds on the skin should be gently cleaned twice daily with hydrogen peroxide diluted with an equal amount of sterile water or saline(salt water). This will minimize crusting.
- 4) After cleaning the wound, antibiotic ointment(Neosporin, Polysporin or similar product) should be applied to the area (twice daily).
- 5) For wounds inside the mouth, rinse your mouth at least 4 to 6 times per day with warm saline solution with a small amount of hydrogen peroxide added. The cleaner you keep the wounds inside your mouth, the more comfortable you will be, and the faster they will heal.
- 6) If you have been prescribed antibiotics and/or other medications, it is important to take them as directed for the full course. If you think you are experiencing an adverse reaction to an antibiotic or other medication, please contact me right away.
- 7) Sutures should be removed 5 to 7 days following repair. Be sure you keep your appointment for this. Failure to remove sutures on time may result in infection and compromise the result of the treatment.
- 8) Lacerations and surgical incisions take many months to heal completely. The tissue will be weak and can be separated under sufficient force. Take care to protect these areas. You may notice that the tissue feels firmer than it did before the injury or incision, and slightly numb, during the healing period. This will improve with time, but may never feel exactly the same as before. Sun exposure will cause the maturing scar to darken, compared to the surrounding skin, so when you go outside, always cover your face with sunscreen of at least SPF 15. Wearing a hat is also helpful.
- 9) If the wound becomes red, swollen, painful, separates, or releases a creamy substance, or you develop a fever, these may be signs that the area is infected. If this happens, notify the office immediately. You will need to be seen for evaluation. Do not delay, as infection is treated much more easily at an early stage than later.

If you have any questions about your care or concerns about your treatment, please contact me so I can answer your questions and help you. I want your healing period to go as smoothly and comfortably as possible.