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HOME CARE INSTRUCTIONS FOR SUTURED WOUNDS

1. After surgery, go home and take it easy (no exertion, lifting, bending, or straining).
2. Do not drink any alcoholic beverages or take any aspirin for 24 hours. If you require medication to control your pain, take only Tylenol or a similar aspirin-free pain reliever.
3. Continue to take your normal medications, especially those to control high blood pressure.
4. After 24 - 48 hours, you may remove any bandage and wash the area with soap and water. Gently pat dry: do not rub. After cleansing, apply Vaseline, or Aquaphor, and apply small dressing or Band-Aid if necessary. Do this 2 to 3 times a day.
5. Do not do any heavy lifting, or exercising until after the sutures are removed.
6. If crusting appears, you should clean it with hydrogen peroxide, and then apply Aquaphor or Vaseline ointment over the stitches daily.

**SPECIAL INSTRUCTIONS FOR SUTURED FACIAL WOUNDS
For the First 48 Hours**

1. Apply ice compresses over the surgical area immediately after the pressure dressing is removed. Apply an ice pack every hour for 15 minutes till bedtime.
2. Keep your head elevated. Sleep on 2 to 3 pillows for the first two nights after your procedure.
3. Do not sleep on the same side of the body as the wound.
4. Do not bend over with your head lower than the level of your heart. Bend at the knees to stoop down. Be careful not to lift anything heavy or do anything that might cause strain on the sutures.
5. It is normal to have bruising or discoloration around the surgery site, especially if the wound is around the eye area. Do not be alarmed by this; it will fade, and the skin will return to its normal color.

IN CASE OF EMERGENCY CALL (718) 792-4700