

POSTOPERATIVE INSTRUCTIONS **FOR** **WOUND CARE**

AFTER SURGERY:

- 1) Clean wound with a mixture of half water and half hydrogen peroxide three times a day.
- 2) Apply Polysporin or Bacitracin ointment (NOT Neosporin) to the wound three times a day.
- 3) Cover with a sterile dressing, if instructed.

AFTER SUTURES ARE REMOVED AND SUTURE "HOLES" ARE HEALED;

OR

6 WEEKS FROM DATE OF SURGERY:

- 1) Apply any type of lotion (i.e. Vaseline Intensive Care, Vitamin E) to suture site,

AND

- 2) Massage 1 to 2 times daily in a circular motion for 5 minutes, for 2 months. This will help the scar to heal better.