

General Wound Care Instructions

- Do not let scabs form (keep clean and moist)
- Keep out of the sun while the incision is healing
- You may shower the day after your procedure; pat wound dry, never rub
- Do not soak wound
- Use baby shampoo for cleaning of hair while healing and gentle liquid cleanser skin
- No lifting over five pounds for one week
- No strenuous activity for one week
- Do not touch, scratch or manipulate the wound.

Steri-strips (small white bandages over the incision):

1. Do not remove the steri-strips; they will fall off on their own
2. When they fall off, apply neosporin, bacitracin or aquaphor to wound
3. If the steri-strips begin to lift, and this is bothersome, trim the edges with scissors
4. **Do not pull the steri-strips off.**

No Steri-strips/visible incision:

1. Keep incision moist with Neosporin, bacitracin or aquaphor
2. Shower the day after procedure, no scrubbing on wound

Sutures:

1. Follow Dr. Winslow's instructions regarding sutures.
2. Return to the office in 7-10 days for suture removal.
3. **NEVER** remove your own sutures.

At one week/when sutures are removed:

1. Sunscreen should be used over area for 6-12 months religiously
2. Silicone sheeting or gel may help wound heal faster
3. Makeup may be applied to help cover pink of incision at one week, not before
4. Regular activities may be resumed
5. Continue to avoid aggressive abrasion/manipulation of wound for 3-6 months

If you have any emergent questions, please call the office during normal business hours (317-814-1104). After hours for emergencies, you can reach Dr. Winslow by text at 317-752-8626