



Postoperative Instructions for Defect Repair or Incisions

No Smoking for as much time as possible prior to surgery, and at least 2 weeks following surgery. Nicotine causes vasoconstriction (narrowing) of vessels, which decreases the amount of oxygen and nutrients needed to maintain viability of the flap. Smoking will increase the risk of necrosis to the flap.

If a pressure dressing was placed, it is to be removed the day after your surgery.

If a **tape dressing** is placed over the suture line to help protect it, do not disturb the tapes and try not to get them wet. They will be removed during your "one week" postoperative visit.

When **no tape** has been placed over the suture line, please follow this routine. **Six times daily** you should:

1. Saturate a Q-tip with full strength **hydrogen peroxide** from the drug store and gently bathe the suture line. Always stroke along (parallel to) the suture line - never across (perpendicular).
2. Following each peroxide treatment apply a thin layer of **over the counter ointment** (*Bacitracin, Polysporin, Neosporin*) to the suture line.

REMEMBER:

- This ritual should be repeated at least six (6) times daily until the sutures have been removed or until we instruct you to discontinue it. We will usually recommend you continue this treatment program for as long as there is any crusting along the suture line.
- **Arnica Montana** helps reduce bruising and **Bromelain** reduces inflammation after surgery. Both are over the counter supplements that can be found in your local drug store or on Amazon.
- Notify us if you suspect any problems (infection, undue swelling or redness, if the sutures come out prematurely), or if you are unsure about the instructions you are to follow.

If you have any questions please call the office @ 973-394-1815