

# GUELPH | FACIAL PLASTICS

## Small Surgical Procedures Wound Care Instructions

1. Clean incisions twice a day with 50:50 mix of peroxide and water, gently removing scabs.
2. After cleaning the incision, apply a thin layer of ointment (Polysporin, Vaseline or Aquaphor). Remember a clean greasy wound heals 50% faster than a dry crusty one!
3. Ice the area to minimize swelling and decrease pain.
4. Use Tylenol (acetaminophen) for pain control.
5. Follow-up at Guelph Facial Plastics in 1-week for suture removal.
6. After the 1-week follow-up appointment, you may start applying scar cream provided to you on incision twice a day.

Important notes: Blood thinners will need to be stopped 5 days prior to your procedure. Please inform the office if you take any blood thinners including Aspirin, or any herbal medicines. A scar takes an entire year to fully mature, so patience is key. Smoking or chewing tobacco is to be stopped 2 weeks prior to your procedure, and for 6 weeks after to allow for proper scar healing. Please inform the office if you currently smoke/ chew tobacco, vape, or use marijuana products.

If you have any questions or concerns, please call us at 519-824-0550