

ROD J. ROHRICH, M.D.
PLASTIC SURGERY

WOUND CARE INSTRUCTIONS

Days 1-5

- Apply Polysporin or Bacitracin ointment sparingly to the suture line for the first two days only. Discontinue ointment after two days as it may cause a skin irritation or reaction (dermatitis.)
If you have DermaBond (skin glue) closure, you do not need to apply ointment to the area.
- Apply cold compresses as much as possible to the incision site during the first 3-5 hours to help reduce swelling.
- With permission you may shower the second post-operative day. Let the water hit the area and blot dry.
- The swelling and discoloration peak at the third day and then decrease over the next 5-7 days.
- If applicable, elevate the operated area above the level of the heart.

Days 5-7

- One half of all sutures will be removed.
- Wear steri-strips on the suture line at all times for the next 4 weeks, after suture removal. The steri-strips will be provided for you.
- You may shower or bathe with the strips in place. Remove every 5-7 days, bathe, dry the area gently and reapply.

Week 2-4

- Continue to wear steri-strips at all times. The longer you are able to wear the strips after surgery will optimize the final appearance of your incision.
- Most of the swelling and discoloration should be resolved.

Week 3-4

- Use Skin Renewal Cream (Scar Cream) twice daily by massaging into the incision in a circular fashion. Use the cream for 6 months, which minimizes scar problems.
- You may purchase Skin Renewal Cream at the Epi Center by calling 214-887-1577. The scar cream is specially formulated with Vitamin C, Vitamin A, Vitamin E and an oil free moisturizer.

Months 9-12

- The scar will be re-evaluated at this time. Infrequently, scar revision may be needed, but will not be performed until at least 12-15 months after surgery, to allow for maximal wound healing.
- * **Strenuous activity and heavy lifting is to be avoided for at least 4-6 weeks. This includes sexual intercourse and sexual activity.**
- * **Direct sun contact on the surgical site is to be avoided for 6-12 months. Please use a sunscreen SPF 15 with UVA and UVB (Skinceuticals.)**

WOUND CARE INSTRUCTIONS (continued)

It is important to be seen by Dr. Rohrich after your initial post-op checks. He will see you in follow-up appointments at 3 weeks, 6 weeks, 6 months and 1 year post-op. Call to schedule your appointments at UT Southwestern Medical Center office at 214-645-2353 or Dallas Plastic Surgery Institute at 214-821-9114 between the hours of 8:30 – 5:00.

IF YOU HAVE ANY QUESTIONS, PLEASE CALL DR. ROHRICH

If you are a patient at one of the facilities below, please call between the hours of 8:30-5:00. If you need immediate care, please call Dr. Rohrich anytime on his cell. There is no such thing as a minor question. I would rather you call me than wonder and not do the right thing, so please call my office, or email me anytime.

Dr. Rohrich's cell: 214-500-4870

Dr. Rohrich's email: rod.rohrich@utsouthwestern.edu

Dr. Rohrich's website: www.drrohrich.com

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