Post-operative incision and wound care

This information is designed to assist in care of your incision/wound from the time of the first dressing change.

Wash the area twice daily with a 2 minute hydrogen peroxide soak. Use standard 3% hydrogen peroxide from the pharmacy. Pat the area dry with a clean gauze or cloth. Apply Fusiden cream or ointment.

If the area will be exposed to a dirty environment or will rub against your clothing cover the area with a protective dressing (such as a gauze bandage). If the incision is on the hand make sure to cover it. Ensure the bandage allows the area to breath and is not occlusive.

Scabs along the incision will worsen the cosmetic result and increase the risk of infection. Scabs provide a food source and hiding place for bacteria. Hydrogen peroxide is helpful for removal of scabs and dirt. Hydrogen peroxide is not harmful to the healing cells.

Two to four weeks after surgery, you may develop spitting of a deep suture. This will appear as a small pustule. Wash the area with hydrogen peroxide for 2 minutes twice daily. If this continues, call Dr. Anzarut's office to make an appointment.

*If you have any concerns please contact Dr. Anzarut before going to your family doctor or the emergency room. Dr. Anzarut makes himself available 24 hrs a day, seven days a week to address any post-operative concerns.*