

LACERATION REPAIR

DR. JASON CLAIN

POST-OPERATIVE INSTRUCTIONS FOR LACERATION REPAIR

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After Laceration repair

- Some oozing is normal. If you have bleeding, place a small gauze over the area of bleeding and hold pressure for *5 minutes looking at the clock* and it will stop
- Swelling is normal and will peak at 48 hours

Activity

- 5 days of no exercise/sweating
- After 5 days from injury, ok to restart activity
- No swimming until cleared
- Showers are ok unless otherwise told

Medications

- Take acetaminophen and ibuprofen for pain
- You generally will not need antibiotics unless it was a dirty injury or bite wound

What To Expect While Healing

- Bruising is normal, this will be better in 1 week and usually gone by 2 weeks
- The scar will be reddest at 3-6 months

Follow-Up

- If you have dissolvable sutures – virtual within 2 weeks
- If your sutures need to be removed – in person within 7 days

Scar Care

- First 2 weeks
 - If you have a bandage from the stitches, leave it on until it falls off
 - If you have no bandage – apply Aquaphor twice a day for 1 week then stop
- After 2 weeks
 - Sun avoidance: hats, sunscreen
 - Silicone scar sheets at nighttime for 3-6 months. Apply at night, remove in the morning. Purchase online or at pharmacy