

Skin Adhesive Wound Care Instructions

Your surgical site has been closed with a skin adhesive, or “super glue” specially designed to replace the outer layer of stitches. This adhesive completely seals your incision site. Wound care and suture removal are not necessary making it very convenient. There won't be ANYTHING to do once your surgical site closed. Our instructions will mainly counsel you on what NOT to do.

Instructions:

1. Keep the area dry on the day of surgery. Starting the following day, you may shower but avoid direct water pressure on the wound (it is okay for soap, water, & shampoo to cascade over the wound).
2. Notify our office if all or the majority of the adhesive comes off at once.
3. Do not swim in pools/hot tubs while the skin adhesive remains on the wound, since it is dissolved by chlorine.
4. Do not apply anything to the site such as ointments, lotions, creams, or make up.
5. If the adhesive begins to peel do not pull it off or pick at it. Please allow it to fall off naturally. This can take up to 2 weeks.
6. Avoid strenuous activities for at least 2 weeks after your surgery.
7. Once the adhesive has completely come off and the wound has healed over, begin using sunscreen to prevent darkening of the scar.

What to Expect:

1. After your surgery you can expect some discomfort from the surgical site. This is highly variable among patients and is also dependent upon the location of your surgery. Some areas are more sensitive than others. We recommend taking a dose of *both* Tylenol 1000mg and ibuprofen 400mg (at the same time) shortly after surgery. Repeat ibuprofen 3 times/day for 3 days to prevent inflammation. Repeat Tylenol only as needed for pain. Do not exceed 3000mg of Tylenol in a 24 hour period. If your pain is not adequately relieved, or if you are having severe pain then you should call our office immediately or Dr. Viehman after hours. Avoid any additional aspirin containing products. CAUTION: Bufferin, Anacin, Goody Powders, Excedrin and B.C. Powders all contain aspirin products.
2. After surgery you should expect some mild swelling and redness around the surgical site. Ibuprofen and ice packs will greatly help to reduce swelling. In many cases the swelling is a side effect of the numbing medication used during surgery. Some areas of the body tend to swell more than others (around the eyes and on the forehead.) Swelling may worsen over the 48 hours following surgery, particularly following lying flat at night. If you feel your swelling or redness is abnormal please call our office.
3. A low grade fever (99-101) for which any NON-ASPIRIN product may be used. Tylenol is recommended.
4. The surgical wound closed with skin adhesive will NOT look cosmetically pleasing for at least 2-3 weeks in most cases. The adhesive may have a purple tint, and there may be puckering and redness of the surgical site. This is normal.
5. **Ice packs should be used post surgically** and may be placed over the wound dressing to help with pain and swelling, and bleeding. The ice pack is placed over the wound for fifteen minutes and may be repeated 4 to 6 times per day for 3 days. You may also use a bag of frozen peas in substitution.

Please call our office if:

- your wound edges begin to pull apart or open.
- you experience excessive bleeding, drainage, pain, swelling, redness, or fever.

Further questions can be addressed through our office at 910-256-2100. Our normal business hours are Monday, Tuesday and Thursday, 7:30am – 5:00pm and 7:30am – 1:00pm on Wednesday and Friday.