

RON W. PELTON, M.D., Ph.D., F.A.C.S
Fellow, American Society of Ophthalmic Plastic & Reconstructive Surgery
Fellow, American College of Surgeons
Board Certified by the American Board of Ophthalmology



Taking care of your wounds

Please be sure to follow these post operative instructions for the optimal healing of your wounds following surgery.

For the first 24 hours post operative:

1. Do not touch your face or pick at any scabs that may develop
2. Do not wash your face for the first 24 hours

After the first 24 hours:

1. Wash face only as directed by Dr. Pelton
2. When washing face, **DO NOT SCRUB**, be very gentle and allow running water to do most of the cleaning
3. After washing, **BLOT** face dry with a **CLEAN** towel
4. Apply any ointment or medication as prescribed by Dr. Pelton
5. If you have excess drainage or pain after washing your face, please contact Dr. Pelton

Nutritional considerations for wound healing:

- High fluid intake (replace fluid loss through perspiration and wound drainage)
- High protein intake (improve wound repair and clotting factor)
- High carbohydrate intake (supply cellular energy & spares the use of proteins)
- Moderate fat intake (supply cellular energy & essential fatty acids)
- Vitamin C (improves cell membrane integrity & blood vessel synthesis)
- Vitamin B Complex (improves metabolic & cellular reaction)
- Vitamin A (improves collagen synthesis and skin reformation)
- Vitamin K (improves clotting)
- Iron (improves anti-bacterial activity & collagen synthesis)
- Copper (improves collagen cross-linking)
- Zinc (improves cell growth)

Remember to:

1. Follow Dr. Pelton's orders to minimize wound healing delay
2. Keep wound clean and intact to prevent infection
3. Minimize mechanical friction on wounds
4. Take medications as prescribed by Dr. Pelton
5. Check for signs of early infection:
 - Redness
 - Heat
 - Pain
 - Swelling

455 East Pikes Peak. • Suite 309 • Colorado Springs, CO 80903
Tel: (719) 329-0040 • Fax: (719) 329-0080 • www.drpelton.com



Cosmetic and Reconstructive
Surgery of the Eyelids,
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