

## POST-OPERATIVE WOUND CARE INSTRUCTIONS

1. After surgery, go home, and take it easy. Do not do anything that requires you to bend, strain, lift, or cause exertion until sutures are removed or otherwise directed.  
No strenuous exercise until after your sutures are removed or otherwise directed.
2. Keep initial dressing dry and do not remove for 24 hours. You may shower after the initial 24 hours and allow the wound to get wet.
3. **IF BLEEDING STARTS**, apply continuous firm pressure on the area for 30 minutes without removing the bandage. If bleeding persists hold continuous firm pressure for an additional 30 minutes. If the bandage becomes saturated it may be replaced. If bleeding does not resolve after 1 hour please call the office or page the physician on-call.
4. **TO PREVENT SWELLING:** Apply frozen peas/corn (or frozen gel-pack) every 2 hours for 20 minutes at a time for the rest of the day.
5. Sleep with 2-3 pillows and on the unaffected side for the first few nights as this helps to minimize swelling.
6. No alcohol for 48 hours after surgery. (Alcohol can increase bruising and may interact with your pain medication)
7. **FOR PAIN:** Take 1-2 Extra Strength Tylenol (or the prescription pain medication provided) every 6 hours as needed.
8. WOUND CARE SUPPLIES NEEDED:
  1. **Hydrogen peroxide** (Mix with water to form a 50/50 mixture)
  2. **Q-tips**
  3. **2x2 or 4x4 sterile gauze pads**
  4. **Non-stick gauze pads** (brand name: Telfa) or **Band-Aids** (if the site is small).
  5. **Aquaphor or Vaseline ointment** (Buy a new jar or tube)
  6. **Paper tape** (brand name: Micropore)
  7. **Bag of frozen peas or corn** which will be used as ice packs. You can refreeze these after each use but discard and do not eat them after refreezing.
9. Change the dressing daily using the following steps:
  1. Wash hands before and after each dressing change.
  2. Remove old bandage. You may want to shower with the old dressing on so it is easier to remove.
  3. Wash area gently with sterile gauze pads or Q-tips using hydrogen peroxide/water mixture. Lightly remove any crusting along suture line and around the wound. (We

do NOT want a scab to form as this can slow down healing and may increase the chance of infection and scarring).

4. Dab wound dry with sterile gauze.
  5. Apply Aquaphor ointment (or Vaseline) to keep wound moist for better healing.
  6. Cut a piece of non-stick gauze to size and cover your surgical site. Secure the non-stick gauze with tape. You may use a Band-Aid instead if the wound is small.
  7. Continue daily wound care with hydrogen peroxide/water mixture and Aquaphor (or Vaseline) until the wound has healed completely.
  8. Once the wound has healed over, regular skin care and makeup can resume.
10. If your wound becomes red, warm, painful or begins to drain, or if you develop a fever of 101 degrees or greater, please contact us.
11. Post-operative visit \_\_\_\_\_

If you have any further questions or problems, please call the office at (770)-422-1013, Monday through Friday 9 AM to 5 PM. If problems occur at night or during the weekend hours, page the dermatologist on-call at (770)-422-1013.

We wish you a SPEEDY RECOVERY!!!