



POST- OPERATIVE WOUND CARE INSTRUCTIONS

1. Keep initial dressing dry and do not remove for 24 hours. You may get the area wet after the initial 24 hours.
2. If bleeding starts, keep continuous pressure on the area continuously for **15 minutes** without removing the bandage. You should contact us if this occurs.
3. Depending upon the location and nature of your surgery, there may be activity restrictions, which will be specified to your case.
4. If your surgery involved areas of the head or face, sleeping with 2-3 pillows and on unaffected side for the first few nights will help to minimize any swelling and lessens the chances for bleeding.
5. No aspirin or aspirin containing products until stitches or staples are removed unless otherwise specified by the doctor. (*This includes Motrin, ibuprophen, Indocin, Naprosyn, Ecotrin or any other non-steroidal anti-inflammatory (NSAID) prescription or over-the-counter medication.*) **Take Tylenol or Extra Strength Tylenol for pain.** You may also be given a prescription for pain medication if it is felt that it will be necessary. Follow the dosing instructions on the prescription. If the medication, taken as directed, does not control your pain contact the doctor.
6. Change the dressing **daily** using the following steps:
 - a. Wash hands before and after each dressing change.
 - b. Remove old bandage for first dressing change. You may want to shower with the old dressing on so it is easier to remove.
 - c. Wash or dab the area gently with sterile gauze or Q-tips using hydrogen peroxide to remove any crusting along the suture line/wound.
 - d. Dab dry with sterile gauze.
 - e. Apply **Vaseline** or **Bacitracin** ointment at each dressing change to keep the wound moist for better healing and to minimize scarring.
 - f. Cover with dry sterile gauze and Band-Aid.
 - g. It is not necessary to cover the wound if you will be staying indoors as long as Vaseline or Bacitracin has been applied. A dressing should be applied when you are outdoors.
7. If your wound becomes red, warm, painful or begins to drain, or if you develop a fever of **101.0** or greater, please contact us or come into the clinic.
8. **No alcohol for 48 hours after surgery.**
9. Applying ice packs over the bandages for about 10 minutes out of every hour for the rest of the day of the surgery will help to minimize swelling and pain. You may use a bag of ice or commercial ice packs. A small bag of frozen peas or corn kernels works well also.
10. **Follow-up for suture removal as instructed.**

If you have any further questions or problems regarding your surgery, do not hesitate to call the dermatology clinic

If you experience problems after hours or during the weekend, please contact the doctor through our answering service.

Glendale: (623) 376-7600 Phoenix: (602) 277-7686 Sun City: (623) 977-4218 Sun CityWest: (623) 544-7755