

Post-Operative Instructions

1. Keep the first pressure dressing dry for 48 hours.
2. Use ice packs to control swelling and bruising for the first 24 hours. (Frozen bags of peas or corn work well). Try to do this at least 15-20 minutes every hour while you are awake.
3. You should begin doing daily dressing changes 2 days after surgery:
 - a. Remove the old dressing and discard it.
 - b. Cleanse the wound with tap water. This may be done in the shower or at the sink. You may place a wet gauze pad directly on the wound and let it soak for several minutes if needed. Wash the area gently with some mild soap.
 - c. Do not use peroxide or alcohol. Use only soap and water.
 - d. If the wound should start to bleed, place a thick pad of gauze on the wound and hold pressure as instructed below in #6, then continue with (e) below.
 - e. After the wound is clean and dry, apply the antibiotic ointment with a Q-tip.
 - f. Cut a non-stick pad to fit the size of the wound. Lay the pad flush to the wound. If the wound is draining, you may want to reinforce with gauze or cotton balls on top of the non-stick pad.
 - g. Use the paper tape to seal the bandage completely. (Waterproof band aids may also be used if they seal on all sides)
 - h. Remember to keep the bandage airtight. Air = crust = scab = a more noticeable scar.
4. Expect some swelling, redness, pain and/or tenderness around the wound that should gradually decrease within a few days. If your wound is on your face, keep your head elevated on 2 pillows. Do not bend over, no heavy lifting or strenuous activity. Keep your head above your heart. If your wound is on your leg, keep your leg up while sitting. Wear support hose and walk frequently to keep good circulation in your legs. No aerobic exercise or weightlifting for up to 2 weeks (ask your physician for specific instructions).
5. Take Tylenol every 4 hours as needed for discomfort. Avoid aspirin or non-steroidal anti-inflammatory products, such as Advil, Motrin, Ibuprofen and Aleve for 48 hours after surgery.
6. If bleeding should occur, apply firm, uninterrupted pressure with clean gauze for 20 minutes. Do not use a large towel or wash cloth. If bleeding stops, do not remove the dressing at this time. Gently clean around the dressing and reinforce it with extra tape. If bleeding does not stop, please call the office at (636) 300-9596, or go to the nearest emergency room.
7. If swelling, redness and/or tenderness of the surgical site persist for more than a few days, contact our office. These symptoms could represent an infection.
8. If the doctor prescribes an antibiotic pill, take it until it is all gone. If you have any side effects (rash, diarrhea, nausea or vomiting), please call the office.
9. Please keep your follow-up appointment for either suture removal or a wound check and make sure that you come to your appointment bandaged as you may be instructed to continue.
10. Be sure to schedule an appointment with your general dermatologist for routine skin exams.

Feel free to contact us with questions! (636) 300-9596