

SURGICAL WOUND CARE INSTRUCTION

The pressure bandage should remain in place for 24 hours. If the bandage becomes loose before 24 hours, re-tape it carefully.

Pain: Post-operative pain is usually minimal. Extra Strength Tylenol, two tablets every four hours, usually relieves any pain you may have. Do not take ibuprofen (Motrin, Advil), Naprosyn (Aleve) or aspirin as these may increase your chance of bleeding 24-48 hours following surgery.

Bleeding: Careful attention has been given to your wound to prevent bleeding so a pressure bandage has been placed. You may notice a small amount of blood on the edges of the dressing the first day which is **NORMAL**. Relax and limit your physical activity for the first 48 hours after surgery. Keep your head elevated for 48 hours if the surgery was on the face or scalp.

If the bleeding persists and soaks the bandage, apply firm steady pressure over the bandage with gauze or a washcloth for 15 minutes (**BY THE CLOCK – DO NOT PEEK**). This is usually adequate treatment. If bleeding persists, call our office at 802-864-0192. If it is after hours, the answering service is available to contact the dermatologist on call for you.

Wound Care: The suture line should be cleaned daily with mild soap and water. Pat dry. Make sure wound is completely dry before placing on the bandage. The first day the wound may be tender and may bleed slightly or ooze a small amount of clear or yellow fluid. Apply a thin layer of Vaseline or Aquaphor over the wound. Cover the wound with a Telfa (non-stick) bandage or gauze pad and a piece of paper tape. It is important to keep the wound covered for the first 72 hours. You may shower after 24 hours and allow the wound to get wet unless instructed otherwise. If able, please “rotate” the position of the bandage each day so that the adhesive is not in the same place or this can be irritating to the skin.

If Steri-Strips were applied under your pressure bandage, they should remain on for up to 2 weeks. You may shower with the Steri-Strips on. It is important that you not pull or cut the suture material which may be visible at either end of the suture line. You do not need an additional bandage over the Steri-Strips. If the edges become frayed, you may trim them with a small pair of scissors. Please call if the strips come off before 2 weeks.

You will be instructed as to when to return to our office for a wound check generally within 10-14 days or later.

Appearance: There may be some swelling and bruising around the wound, especially if it is around the eyes. For your comfort, you may apply warm, moist soaks to the bruises a few times a day starting the 3rd day after surgery. You may also experience itching or “pulling” sensations round the wound as it heals. Normal healing may have some clear or yellow fluid. If the wound becomes increasingly inflamed, warm, drains a pus-like substance or if you develop fever or chills, please call our office immediately.

We will generally call you with the pathology results in 10-14 business days. If you do not hear from us in two weeks, please call for a report.