



WOUND CARE INSTRUCTIONS FOR SKIN SURGERY **(GLUE/DERMABOND)**

BANDAGE: Leave the glue and steristrips intact. Do not peel them off. They will come off on their own. You may shower and/or bathe normally.

DISCOMFORT: Expect discomfort. Take acetaminophen (for example, Tylenol) as directed. If this does not provide sufficient relief, take ibuprofen (Advil), up to 600 mg every 8 hours. You may take both of these together or alternate them. We do not routinely prescribe narcotic pain medications. If your pain is severe and not relieved by the above measures, please call the office.

BLEEDING: You may notice some blood on the steristrips – this is NORMAL. If bleeding soaks through the steristrips and/or is dripping, apply firm, steady pressure with a moist clean washcloth for fifteen minutes. If the bleeding does not stop, call our office.

ACTIVITY: No strenuous activity for the first 48 hours after surgery. If the surgery was on the face or scalp, keep your head elevated. Your provider may ask you to limit activity for a longer period of time.

APPEARANCE: There may be swelling and bruising around the wound, especially near the eyes. Some redness is normal, but the wound should not be red, hot, and tender. If the wound becomes increasingly inflamed, warm, or drains pus, please call our office.

WOUND CARE:

- Since you have glue over the incision site, usually no further wound care is required.
- Leave the steristrips in place until they fall off on their own. If they are still present after ten days, you may peel them away.
- If the steristrips and glue fall off, wash any visible surface stitches daily with warm soapy water and pat dry. Cover with Vaseline and a Band-Aid and repeat daily until all surface stitches appear to have dissolved.

WHEN TO CONTACT YOUR PHYSICIAN: Contact your physician if your wound becomes increasingly sore, tender, red, warm, or if the surgery site rapidly swells.

During business hours call our office at 802- 864-0192 if you have any questions or concerns.

After hours: please call 802- 847-4570 or 1-800 -358-1144 and ask to have your surgeon paged.