



LAZZARA DERMATOLOGY &  
MOHS SURGERY

*of Milton*

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## **POST-OPERATIVE (SURGICAL) WOUND CARE INSTRUCTIONS**

### **Wound care supplies:**

- Mild soap (Dove, Cetaphil)
- Gauze pads or Q-tips for cleaning
- Vaseline/petroleum jelly or Aquaphor
- Non-stick pads (Telfa) and paper/silk tape or Band-Aids for bandaging
- **No antibiotic ointments**

### **To care for your sutures after surgery:**

- Keep initial dressing dry and leave in place for **48 hours**. Keep the dressing on while you shower, allowing it to get wet, which will make it come off easier. Cleanse surgical site and **change the bandage every 24-48 hours** until you have your sutures removed.
  - Wash the wound with mild soap. Use gauze or Q-tips to remove crust, blood or old ointment. Dab wound dry with gauze
  - Apply Vaseline/Aquaphor to sutures so much that it completely covers the sutures
  - Cover with a non-stick pad (Telfa) and tape or a Band-Aid
  - Do not allow a scab to form, always keep the wound covered with ointment
- Day of surgery, place ice over the bandage for **20** minutes every hour until bedtime
- Pain Control:
  - Take 1-2 extra strength Tylenol 500mg at a time every 6 hours and no more than 6 pills in a 24 hour period.
  - If Tylenol is not sufficient to control discomfort, after 48 hours after the procedure you may add 1-2 ibuprofen/Advil/Aleve (200mg tabs) every 6-8 hours.
  - Alternatively, you may take 2 pills of Advil Dual Action every 8 hours. Do not take more than 6 pills in 24 hours.
- Minimize activity for at least **2** weeks, avoid anything that pulls or stretches the wound (bending over at the waist, lifting over **15** pounds, yardwork, housework)
- If the site is on your face, sleep on the opposite side and elevate your head with 2 pillows

### What to expect with healing:

- Slight swelling and redness often appear around the wound. The wound may drain a brownish-yellow red discharge. This is normal and will disappear within several days following surgery.
- Signs of infection include heat, pain, yellow (not clear) pus, and **worsening redness and swelling**
- Bruising may appear 1-3 days following surgery and resolve within 1-2 weeks.
- Your eyes may become swollen shut if the surgery was anywhere on your face, this is normal and should resolve within a couple of days to a week.
- **IF DRIPPING BLEEDING OCCURS**, wad up paper towels, gauze etc., hold **continuous firm pressure DIRECTLY ON SURGICAL SITE BANDAGE for 30** minutes without peeking. After 30 minutes, check the site, if there is still active bleeding from site continue holding pressure for another 20 minutes. If bleeding persists, call using the office or go to the emergency room. Applying pressure will stop the bleeding most of the time.