

Dermatological Surgery: Post-surgery Instructions/Wound Care

As with any surgery, how you care for yourself after dermatological surgery is important for getting the best possible results.

After your surgery with Family Dermatology, you should follow these instructions:

- When you get home from surgery, try to spend the remainder of the day quietly resting. Limiting your exertion and movement will give you the best chance of keeping your wound closed so that it heals properly.
- To minimize the chances of bleeding, do not drink alcohol or take any aspirin, anticoagulants or non-steroidal inflammatory medications (such as ibuprofen or Motrin) for at least 24 hours after your surgery.
- If you experience post-operative pain, use Tylenol for relief. It is best to relieve the pain before it becomes severe. Otherwise, it becomes much more difficult to alleviate.
- If your surgery involved your face or neck, try not to stoop or bend over too much.
- For the first day after your surgery, regular application of an ice pack will help keep you comfortable and will promote more rapid healing.
- Leave the dressing on your wound in place for 24 hours. Then remove the dressing and gently wash the surgical site with mild soap or hydrogen peroxide. Repeat this cleansing procedure each day. You should also apply a thin layer of antibiotic ointment (Bacitracin or Polysporin) to the site.
- Continue using a covering on the surgery site until the skin has healed. It is best to use a sterile pad and paper tape rather than an adhesive bandage, which can irritate the skin after a few days of wear.
- If you have post-operative bleeding, apply moderately firm pressure on the dressing for 15-30 minutes. If this does not stop the bleeding, please call Family Dermatology for advice.
- Infection is rare, but you should guard against it by watching for increasing tenderness, swelling or pain beginning a few hours or days after surgery. An infected wound might also discharge pus. If you experience these symptoms, please call Family Dermatology for advice.

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