



DERMATOLOGY
SPECIALISTS

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Post-Surgery Care Instructions

- Take it easy for the first 2-3 days. Don't lift anything greater than 10 pounds. No exercising. No alcohol. Stop or cut back on smoking.
- Avoid taking Vitamin E, herbal supplements, ibuprofen, Aleve, or aspirin (unless approved by your doctor) for the first 2 days after surgery as these medications may increase your risk of bleeding and bruising.
- If you require pain medication during the first 2 days, you may take Tylenol or acetaminophen.
- You can expect some bruising and swelling after your skin surgery. For the rest of the day today, apply ice packs for 5-10 minutes out of each hour directly over the bandage site while you're awake to reduce swelling and discomfort. Try to keep the surgery area elevated to decrease swelling.
- Keep the original bandage on for the first 48 hours. Don't get the bandage wet during that time.
- Always wash your hands well with soap and water before doing wound care.
- After 48 hours, take the bandage off and gently clean the area with soapy water. Do not scrub the wound. Gently pat dry with a clean cloth or paper towel.
- Apply a generous amount of Vaseline or Aquaphor (**not** Neosporin or Polysporin) to the surgery site. Then dress the area with a Band-Aid or Telfa (non-stick pad dressing) and paper tape. Clean and re-bandage surgical sites every day.
- If the surgical site bleeds, apply continuous, firm pressure on the area over the bandage or gauze for 20 minutes. If the area continues to bleed, repeat direct pressure with ice for another 15 minutes. Call the office if bleeding does not stop after the second attempt. If you are unable to contact us, please go to the nearest emergency room for care.
(Typically, if the area is oozing a small amount of blood, it should stop readily with direct pressure. If you notice spurting or pumping of blood, apply direct pressure and call us right away.)
- Increased redness, pus, pain, and fever may be signs of a wound infection. If you notice these signs or symptoms, please give us a call. You may need oral antibiotics.
- Return for suture removal as scheduled. Please note Date: _____ and Time: _____ here.

If you have questions or concerns, please contact our office at **(972) 699-0000**.

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