

## **The Dermatology and Laser Center At Harvard Park, PLLC**

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### **Wound Care after Dermatologic Surgery**

1. The anesthesia (numbness) will wear off in 1-4 hours and you may take \_\_\_\_\_ as necessary for pain. Do not use aspirin for the first 3 days after surgery. Significant pain after your surgery is uncommon and if present, will go away after the first or second day.
2. Swelling and bruising may occur after surgery and may be decreased by applying an ice pack for 15 minutes of each hour for four hours following surgery. The ice pack may be applied directly over your bandage.
3. If surgery was performed on your face, scalp, or neck, swelling will also be decreased by elevating your head at night. An extra pillow or two works well to keep your head above the level of your heart. This will be helpful for two or three nights after surgery.
4. Significant bleeding after surgery is uncommon. If your wound starts bleeding or you notice the bandage is blood-soaked, apply pressure for eleven minutes with a gauze pad or washcloth held at the base of your palm. The bleeding should stop. If bleeding continues, call the clinic or go to the emergency room.
5. Your bandage should be removed on \_\_\_\_\_. Any dried blood present should be cleansed gently with a mixture of half water and half hydrogen peroxide applied with a Q-tip for two (2) days after surgery. After cleansing, apply a thin film of Aquaphor or Vaseline. Neosporin ointment may cause an allergic reaction after surgery in some patients and generally should be avoided. Reapplying a bandage is not mandatory but may help to keep the wound clean and ointment off your clothing.
6. After the first 24 hours, showers are permitted but keep the wound out of the direct water stream. Do not scrub the wound with soap or washcloth.
7. Do not submerge the surgical wound in bath or pool water until 36 hours after the sutures are removed.
8. Your sutures will be removed on \_\_\_\_\_. Steri-strips will most likely then be placed across the wound to provide support for a few days. At two weeks, a wound will have only gained 10% of its long-term strength. If you have any questions about any particular activities or exercises, ask the nurse when your stitches are removed.
9. If you notice drainage of pus, increased pain or swelling, or have a fever or any questions or concerns, please call the office at the above phone number.