



## Post-operative Wound Care Instructions

### Surgery

#### 1. First 24 hours:

- The bandage placed on the surgical site should stay in place for 1 day.
- Greatly reduced activity level. For operative sites on the head and neck: no bending over.

Sleep on at least 2 pillows to elevate the head.

- You may take a shower after 24 hours.

#### 2. Pain

- Pain is usually slight: Tylenol or extra strength Tylenol is all that is required in 95% of cases.
- No aspirin or motrin-like medicines should be taken in the first 3 days.
- For pain not relieved with Tylenol please notify Derm Haven.

#### 3. Dressing changes:

- First wash hands with soap and water. Wash the wound area gently with soap and water.
- Apply hydrogen peroxide to the suture line if excess dried blood or crusts are present.
- Apply a thin layer of ointment (petrolatum) and then cover with a non stick bandage. Surgical sites should remain covered approx. 12hrs in a day until sutures are removed. A moist wound heals better than a wound allowed to dry out however we want the wound to get oxygen as well.
- Repeat this procedure once daily

#### 4. Infection:

- Wound infections occur rarely (<1-2% of cases).
- Potential signs of an infection include; the surgical site becoming more swollen or redder with time. The wound may feel warmer and there may be pus draining from the excision. Infected wounds will often experience an increase in pain, which typically will appear after the 2nd or 3rd day.
- Additional signs that can be seen with infections are the development of a fever.
- ANY SUSPICION OF A WOUND INFECTION: PLEASE CONTACT DERM HAVEN

#### 5. Swelling

- Some swelling occurs in all wounds initially because the surgery has caused a wound and your body reacts to that injury.
- Surgery in close vicinity to the eye can result in a black eye, sometimes with complete closure of an eye.

#### 6. Bleeding

- Problems with excessive bleeding are uncommon.
- If significant bleeding is noted (i.e., saturated dressing) constant direct pressure should be applied for 20 minutes and elevate the area. If this does not stop the bleeding Derm Haven should be called immediately.
- SUSPICION OF INCREASED SUSTAINED BLEEDING: PLEASE CALL DERM HAVEN