



All Dermatology

ARROWHEAD · BILTMORE / ARCADIA · SURPRISE

After Surgery Wound Care Instructions

- **Keep initial bandaging dry and do not remove it for 24 hours.**
- **Keep the area dry** for the first 3-4 days after the surgery.
- If your wound is bleeding, keep pressure on the area continuously for **15 minutes** without removing the bandage. You should contact us if the bleeding continues or seems excessive.
- Taking 2 Tylenol (acetaminophen) every 6 hours for the first 24-48 hours after your surgery will minimize pain. You may also be given a prescription for stronger pain medication if it is felt that it will be necessary. **If your pain is not controlled, or gets worse, contact us.**
- Do not take any aspirin or aspirin containing products until the stitches or staples are removed unless otherwise specified by the doctor. (*This includes Motrin, Ibuprophen, Indocin, Naprosyn, Ecotrin or any other non-steroidal anti-inflammatory (NSAID) prescription or over-the-counter medication.*). **If you are already taking aspirin or blood thinners, you may continue these.**
- **Applying ice packs over the bandages for about 10 minutes out of every hour** for the rest of the day of the surgery will help to minimize swelling and pain. You may use a bag of ice or commercial ice packs. A bag of frozen peas or corn kernels works well also.
- Depending upon the location and nature of your surgery, there may be activity restrictions, which will be specified by your provider after your procedure. If in doubt, call us for clarification.
- **If your surgery involved areas of the head or face**, sleeping with 1-2 extra pillows for the first few nights will help to minimize swelling and lessens the chances for bleeding.
- Change the dressing **daily** using the following steps:
 1. Wash hands before each dressing change.
 2. Remove old bandage for first dressing change. You may want to shower with the old dressing on so it is easier to remove.
 3. Wash or dab the area gently with sterile gauze or Q-tips using hydrogen peroxide if necessary, to remove any crusting along the suture line/wound. Regular soap and water may be used to clean the area.
 4. Blot dry with sterile gauze. Try not to rub the area.
 5. Apply **Vaseline** ointment at each dressing change to keep the wound moist for better healing and to minimize scarring. Antibiotic ointments and creams, such as Bacitracin and Neosporin, are not necessary and are **NOT** recommended. Antibacterial ointment will be prescribed if needed.
 6. Cover with dry sterile non-stick dressing or Band-Aid. Additional bandaging material may be supplied.
 7. It is not necessary to cover the wound if it is on the scalp or face as long as Vaseline is applied regularly to keep the wound from drying out. Keep the wound covered if it is under clothing or could get dirty.
- **If your wound becomes red, warm, painful or begins to drain, or if you develop a fever of 101.0 or greater, please contact us or come into the clinic.**
- **No alcohol for 48 hours after surgery.** This minimizes the chance for bleeding.
- **Your sutures should be removed in 5 to 14 days.** Make an appointment for this before you leave the clinic

If you have any further questions or problems regarding your surgery, do not hesitate to call the appropriate office.

**If you experience problems after hours or over the weekend, please contact the provider by calling:
(480) 303-1738**

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