

# Care of Surgical Site

Your Dermatologic Surgeon's name is Jeffrey K. Lander, M.D., Diplomate, American Board of Dermatology

## Sutured Sites

1. Keep wound clean and dry until sutures are removed. If wound becomes wet, you may replace the dressing.
2. After 48 hours, remove the outside pressure dressing. Leave the white or brown steri-strips in place because they give support to the wound as it heals. If the steri-strips fall off before your suture removal appointment, you may gently cleanse the wound with soap and water and reapply Vaseline/Aquaphor ointment daily and re-bandage.

## Non-Sutured or Granulating Wounds

1. Keep the wound clean and dry for 48 hours.
2. After 48 hours, you may remove the dressing. You may begin washing the wound gently with soap and water. Apply Vaseline/Aquaphor ointment and bandage daily. Covered wounds heal faster than wounds left to the open air.

## Bleeding

If bleeding occurs, apply firm pressure with a clean dressing for at least 10 to 20 minutes. Do not lift dressing off during this time to check for bleeding.

## Infection

Infection is uncommon after skin surgery. Some soreness, redness and swelling are to be expected after surgery. If the area becomes very sore, red and/or hot to the touch, or if you have a fever or notice excess drainage, please contact our office. These are all possible signs of infection.

## Bruising and Swelling

Bruising and swelling may occur at or near the surgical site. This will gradually improve over the first few days after surgery. For surgeries near the eye, it is not uncommon to have a black eye or for the eye to swell shut. Applying a cold pack or ice to the area after surgery can lessen the swelling. Please apply a cold pack one half hour on and one-half hour off the first evening after surgery.

## Pain Management

Unless given specific pain medication by your doctor, Tylenol should be sufficient. Take 2 tablets Tylenol 325 mg or 1-2 tablets Extra Strength Tylenol 500 mg every 4-6 hours as needed. Do not use aspirin, ibuprofen (Advil, Motrin), naproxen (Aleve), or other arthritis drugs as they may promote bleeding.

**Limit bending, lifting, or any activity that will bring a rush of blood to the wound site or puts tension on the sutures. Avoid activities that will elevate your blood pressure and heart rate.**

Please contact us with any questions: 949-266-0216.