

Melbourne Dermatology Center
Postoperative Care Instructions

Pressure Dressing: The dressing applied after surgery is a pressure dressing. This dressing will help to minimize bruising, swelling, and bleeding. The dressing needs to stay in place and dry for at least 24 hours and no longer than 72 hours.

Wound Care: After the dressing has been removed, wound care should be performed once a day.

- Wash the wound gently with mild soap and water. It is safe to wash over the sutures
- AFTER your shower. If there is crusting or scabbing, you can use a small amount of hydrogen peroxide to clean the edges of the wound with a clean Q-tip. Do not soak the area in peroxide, doing so can delay healing time. Again, only use a small amount. 2) Then use a clean Q-tip to apply a thick layer of Polysporin or Vaseline ointment. Do not use Neosporin.
- Make sure to keep the wound covered with ointment every day.

Pain:

The surgical site will remain numb for 2-6 hours. Postoperative pain is usually mild, Tylenol (acetaminophen) can be taken to relieve any pain or discomfort. DO NOT take aspirin, ibuprofen, motrin, or Aleve. These medications tend to thin blood. NOTE: If you take daily aspirin continue to take as usual.

Swelling & Bruising:

Swelling and bruising are to be expected and normal. If your surgery was around the eye area or forehead, it is common to have a lot of swelling and possibly get a black eye. Sleep in an inclined position (a few pillows behind your head). If your surgery was on your hand or leg, keep it elevated as much as possible.

Activity:

DO NOT bend over or lift heavy objects (> 10 lbs.) for 72 hours. Types of activity such as golfing or household chores raise blood pressure and promote bleeding.

Bleeding

Should active bleeding occur (this means blood dripping from the surgery site) apply firm pressure with ice for 10 full minutes (without peeking). If bleeding continues, repeat this process. If after 20 minutes and bleeding continues, contact our office.

Infection:

If you have been prescribed an antibiotic, finish the entire prescription. Signs of infection are warmth to the touch, increasing pain, spreading of redness, drainage of pus (thick milky, yellow drainage), fever and or chills. Please notify our office if you recognize any of these symptoms.

