



## Manhattan Beach Dermatology

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### POST OPERATIVE WOUND CARE INSTRUCTIONS (FOR WOUNDS REQUIRING SUTURES)

#### Supplies you can purchase in a drug store:

1. Telfa (non-stick) pads
2. Paper tape
3. Bacitracin, Aquaphor, or Vaseline ointment
4. Cotton tipped applicators (Q-tips)
5. Gauze pads

- ❖ For the first 24 hours after surgery, do not get the wound wet and keep the dressing as it is.
- ❖ After 24 hours you may take a shower (remove bandage prior to shower, water may gently run over wound).
- ❖ Pat the area dry gently using a clean soft cloth or gauze.
- ❖ Follow instructions below:

#### DAILY DRESSING CARE:

- Always wash your hands prior to dressing changes.
- Carefully remove the previous bandage.
- Apply Bacitracin ointment generously to the wound with a cotton tipped applicator to keep the surgical site moist. (If you are allergic to over the counter antibiotic ointment, use Aquaphor or Vaseline. Neosporin is not recommended as it has the highest allergy rate).
- Cover wound with a Telfa pad cut to cover the size of the wound. (If there is significant oozing you may also put gauze pads on top of the Telfa).
- Secure dressing with paper tape.

#### THINGS TO DO:

- Take Tylenol (acetaminophen) for any discomfort, if necessary.
- Continue Coumadin (warfarin), aspirin, or any other blood thinners you have been prescribed by your doctor.
- If any bleeding should occur, elevate the wound site higher than your heart and apply 20 minutes direct pressure without peeking. If the situation persists, please call us immediately.
- Swelling and bruising are fairly common and should start to subside 3-4 days following your surgery. It may take 2-3 weeks for these symptoms to completely subside. If the wound is on your face, scalp, or neck, it may be helpful to sleep with your head elevated on 2 pillows; for wounds on the extremities, legs and arms should be kept above the level of the heart whenever possible.
- If you were prescribed an antibiotic or pain medication, please take as directed.
- Call our office immediately if develop any of the following symptoms of infection: increasing redness, increased pain, increased swelling, warmth, fever, and a cloudy discharge from the wound.
- Return for suture removal in 7-14 days as directed, at that time adhesive strips will be placed over the wound and you may start using scar creams after the strips fall off.

THINGS TO AVOID:

- Avoid Aspirin, Aleve, Motrin & Ibuprofen
- Avoid alcohol for 5 days post operatively
- Avoid smoking as this hinders the wound healing process.
- Avoid any strenuous exercise or activity (bending, lifting heavy objects that could be harmful to the wound) for at least 3 weeks.
- Avoid lying or sleeping on the side where surgery was performed.
- Do not submerge the wound (avoid baths, hot tubs, saunas, ocean or swimming pool) until sutures are removed.

**If you have any questions or should need to reach the doctor, please call the office at 310-802-8180**  
**Follow the voice mail prompts if you need to leave an after hours urgent message.**