



Manhattan Beach Dermatology

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POST OPERATIVE WOUND CARE INSTRUCTIONS (FOR WOUNDS NOT 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 and secure it with paper tape. (If there is significant drainage you may also put gauze pads on top of the Telfa). If the wound is small in size, drainage is minimal, and you are not sensitive to adhesives, you may use a Bandaid-type adhesive bandage.

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.
- Your wound will be granulating (healing in) over the next several weeks. Leg wounds in particular can be slow to heal. Careful and consistent wound care will help you achieve the best results. The wound may be tender and may bleed slightly the first day. It may seep fluid the first few days. It is normal to have a little oozing or spot bleeding every day until the wound is healed. For optimal, most rapid healing, continue to keep

the wound moist so that a scab does not form. If a scab forms, place a water-moistened gauze over the wound for 5 minutes to soak and loosen debris so that it can be removed gently.

- 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.
- Because there were no sutures placed, there are minimal restrictions on activities; swimming and exercise are permitted after 48 hours.

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 lying or sleeping on the side where surgery was performed.

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.