



Grossmont Dermatology Medical Clinic

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Surgical Wound Care Instructions

Caution: If you do not feel up to par after surgery, **tell the Dr. Do not leave the office and do not drive.**

Note: If you have a problem or a question, call Drs. Dean, Bushman or Goskowitz immediately.

You will leave the office with a bulky pressure dressing in place. Leave it on until _____
Remove the bandage carefully. Soak it first with hydrogen peroxide if necessary.
OR
Do not remove the dressing until seen by the Dr. **Keep this dressing clean & dry.**

After the first dressing change, the bandage should be changed daily. Clean the area gently with hydrogen peroxide, then cover the wound continuously with ointment (Bacitracin, Polysporin, A & D ointment, etc.). Cover with a light bandage.

Sutures will be checked for removal after _____ days.

- ❖ If you have any discomfort after surgery, take a non-aspirin pain reliever such as Tylenol. Don't wait until the pain builds up. If you take something at the first hint of discomfort, you may not need to take anything more.
- ❖ **Swelling** is common and can be diminished by use of an ice bag (a bag of frozen peas works well). Use this over the bandage—**do not remove the bandage.** Use the ice for 5-10 minutes every 1-2 hrs. for the first 8-12 hrs after surgery. Swelling is usual around the eyes or lips when surgery is done near these areas. For surgery anywhere on the head, sleep with your head slightly elevated (two pillow, reclining chair). The tissues around a surgical site often remain swollen for about one month.
- ❖ The area may ooze a little blood especially in the first few hours after surgery; being active will increase the risk of bleeding. Drinking hot beverages or bending over at the waist can also cause bleeding of facial wounds.
- ❖ **If bleeding occurs**, apply direct firm steady pressure for fifteen minutes. This will usually stop any bleeding. If bleeding does not stop, call the doctor immediately. If a graft area is bleeding, call the Dr.
- ❖ **If pain is increasing** more than 2 days after surgery, call the office. The surgery area may need to be checked for infection or bleeding.
- ❖ **Rest** as much as possible the first day after surgery. Don't do any lifting, straining or exercise for _____.
- ❖ Eat a nutritious diet. Small amounts of Vitamin C and zinc may help wound healing. A multivitamin may also be helpful.
- ❖ If you have wounds around the mouth or cheek areas, limit hot food, hot drinks, and heavy chewing for 48 hrs.; this will decrease the chances of post operative bleeding. Do not use make-up or powder near a wound unless the surface is completely healed.
- ❖ **Protect the surgical area** from injury and infection to minimize scar tissue. Scar tissue is red for 3-6 months, then usually fades to white. Scars overlying the active muscle areas tend to widen (stretch) with time—this cannot always be prevented, but limiting activity where possible is essential. Sunlight exposure may cause a scar to darken. The appearance of the scar usually continues to improve for 6-12 months.
- ❖ **Smoking** causes healing problems.
- ❖ **Alcohol, aspirin or aspirin containing products may cause bleeding** when taken less than one week before surgery. These products should also be avoided for one additional week after surgery.