

# MASSAPEQUA DERMATOLOGY, PLLC

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## **Wound Care Instructions**

After surgery, go home and take it easy. Do not do anything that requires you to bend, strain, lift or cause exertion until your stitches are removed or otherwise directed. No strenuous exercise until after your stitches are removed or otherwise directed. No alcohol for 48 hours after surgery. Keep the initial dressing dry and do not remove it for 24 hours.

**IF BLEEDING STARTS:** Apply continuous firm pressure on the area for 30 minutes without removing the bandage. If bleeding persists, hold continuous pressure for an additional 30 minutes. If the bandage becomes saturated it may be replaced. If bleeding does not resolve after 1 hour contact the office immediately at 516-799-1600.

**TO PREVENT SWELLING:** Apply ice packs every 2 hours for 20 minutes at a time for the rest of the day. Sleep with 2-3 pillows and on the unaffected side for the first few nights as this helps minimize swelling.

**FOR PAIN:** Take 1-2 Extra Strength Tylenol (or prescription pain medication if provided) every 6 hours as needed.

**AFTER 24 HOURS:** Change the dressing daily by following these steps:

1. Wash hands with soap and warm water before and after each dressing change.
2. Remove old bandage. You may want to shower with the old dressing on so it is easier to remove.
3. Wash the area gently with warm soapy water, pat dry and apply a layer of Aquaphor ointment or Vaseline (or prescription antibiotic if prescribed).
4. Cover with a clean dry dressing. Cut a piece of non-stick dressing (i.e. TEFLA) to size and cover your surgical site. Secure with paper tape. You may use a band-aid instead if the wound is small.

Continue daily wound care until the wound is completely healed or until stitches are removed. Once the wound has healed over, regular skin care and makeup can resume.

**IF YOUR WOUND BECOMES RED, WARM, PAINFUL, BEGINS TO DRAIN (PUS), BLEEDS FOR OVER 1 HOUR, OR IF YOU DEVELOP FEVER OR CHILLS, PLEASE CONTACT THE OFFICE IMMEDIATELY AT 516-799-1600.**

**Post op visit date:** \_\_\_\_\_