



Advanced Dermatology of San Clemente Inc.

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CARE OF SURGICAL SITE PATIENT INFORMATION

SUTURED SITES

1. Keep the pressure dressing that has been applied in the office in place for at least 48 hours.
2. After 48 hours, remove the outside pressure dressing. Leave the white steri-strips in place because they give support to the wound as it heals.

Sutured sites with steri-strips

If you have steri-strips, it is best to keep the area dry and covered. When bathing, apply Saran Wrap or Glad Press and Seal to the area of surgery and secure with paper tape in order to keep the area dry.

Sutured sites without steri-strips

Twice daily - clean the area with dilute hydrogen peroxide or soap and water. Dab dry. Apply an ointment such as Vaseline, or antibiotic ointment (Bacitracin, Polysporin, or Neosporin) over the wound. Cover the area with band-aid or Telfa pad and tape.

The sutures will be removed in _____ days.

NON SUTURED OR GRANULATING WOUNDS

1. Keep the wound clean and dry for 48 hours
2. After 48 hours, you may remove the dressing. You may begin washing the wound gently with soap and water. Apply antibiotic ointment and a bandage daily. Covered wounds heal faster than wounds left to the open air.

BLEEDING

If bleeding occurs, apply firm pressure with a clean dressing for at least 15 minutes. Do not lift dressing off during this time to check for bleeding. After 15 minutes, if there is still any bleeding, apply pressure for another 15 minutes. If bleeding persists, call the office to notify the doctor.

INFECTION

Infection is uncommon after skin surgery. Some soreness, redness and swelling are to be expected after surgery. If the area becomes very sore, red and/or hot to the touch, or if you have a fever or notice excess drainage, please contact our office. These are all possible signs of infection.

BRUISING AND SWELLING

Bruising and swelling may occur at or near the surgical site. This will gradually improve over the first few days after surgery. For surgeries near the eye, it is not uncommon to have a black eye or for the eye to swell shut. Applying a blue cold pack or ice to the area after surgery can lessen the swelling. Please apply the cold pack one half hour on and one half hour off for the first evening after surgery.

PAIN MANAGEMENT

Unless given specific pain medication by your doctor, Tylenol should be sufficient. Take 2 tablets Tylenol 325 mg or 1-2 tablets Extra Strength Tylenol 500 mg every 4-6 hours as needed. Do **not** use aspirin, ibuprofen (Advil, Motrin), naproxen (Aleve) or other arthritis drugs as they may promote bleeding.

WORK LIMITATIONS

Limit bending and lifting for _____ days. Restrict any activity that may bring a rush of blood to your wound site or puts tension on your sutures or any activity that will elevate blood pressure or heart rate.

ADDITIONAL INSTRUCTIONS

1. _____
2. _____
3. _____

To speak to one of our medical staff about your wound care, please call them at (949) 248-4547.

If you feel you have an emergency, call the office and the cell phone number of the physician on call will be given at the end of the message. The cell phone numbers of Dr. Moinfar and Dr. Lander are also listed below for your convenience.

Please note: while the doctors are seeing patients, they usually do not answer their cell phones, and therefore, you may need to call the office phone number.

Office (949) 248-4547

Dr. Moinfar's Cell (952) 240-2827

Dr. Lander's Cell (612) 310-6714