

# SOUTHEASTERN

DERMATOLOGY

MEDICAL · SURGICAL · COSMETIC

MATTHEW B. DOPPELT, D.O., F.A.O.C.D., F.A.A.D.

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## Post-Operative Wound Care Instructions: With Steri-Strips

You, as the patient, play a very important role in assuring good healing after leaving this office. Please follow these instructions:

- A pressure dressing may have been applied to your wound to impair bleeding. This dressing should be left in place for twenty-four (24) hours. After twenty-four (24) hours, remove this dressing down to the steri-strips. Inspect the wound for significant swelling – mild to moderate is to be expected.
- In addition to the pressure bandage, clear tapes (steri-strips) have been applied. These are applied to help take the tension off the edge of the wound and the sutures and should be left in place until you return for suture removal.
- Do not allow the wound to get wet in the shower or bath until the sutures have been removed. Cover the incision site with a waterproof dressing when in the shower.
- Expect a small amount of bleeding from the site. This is normal. However, if the site continues to bleed or a moderate amount of bleeding occurs, apply direct pressure with a clean cloth for fifteen (15) minutes. This will stop most bleeding. You may also try ice. If the site continues to bleed, repeat for another fifteen (15) minutes. Call our office if you cannot stop the bleeding after the second attempt.
- Apply a sterile bandage over the steri-strips daily. Try to rotate the bandage to avoid skin irritation.
- Inspect your wound daily for any evidence of infection. Look for significant swelling (mild to moderate is to be expected), extreme tenderness, moderate redness around the site and/or oozing. Call this office immediately if you suspect your wound may be infected.
- You will be asked to return in \_\_\_\_\_ days for suture removal. In most cases, there will be no charge for this visit. However, if other issues are discussed and/or treated that day, there may be a charge for your visit.
- Although your wound may appear well healed in 1-2 weeks, it will actually take many months for full healing to occur. During that time, you should avoid over use or stretching of the surgical site. Your scar will be noticeable initially; however, with time the pink color will fade, and the irregularities will become smoother and less noticeable.

Please do not hesitate to contact our office should you have any questions or concerns about your surgery.

*We want you to have an outstanding result. If you have any questions or unexpected concerns, please call the office for assistance.*

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