

SOUTHEASTERN

DERMATOLOGY

MEDICAL · SURGICAL · COSMETIC

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

Post-Operative Wound Care Instructions: Without 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.
- After the first 24 hours, you may remove the bandage for showering. You may gently clean the surgical site with your fingers and rinse with water. However, the suture sites should not be soaked or submerged in water.
- After cleansing, pat the area dry, apply a thin layer of polysporin or mupirocin ointment and cover with a fresh bandage. Try to rotate the bandage to avoid skin irritation.
- 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.
- Inspect your wound daily for any evidence of infection. Look for significant swelling (mild to moderate is to be expected), significant 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 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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