



## Desert Valley Dermatology Post-Operative Care

**When taking care of your surgical site we want to stress the importance of the procedure and your recovery.**

- Please leave your pressure dressing on.
- It is okay to shower with your pressure dressing on, however, the bandage will need to be kept dry. (Adding additional tape over the dressing is fine)
- If the pressure dressing is removed or comes off, you should contact our office at your earliest convenience to schedule a bandage change at 480-916-3376.

**If the pressure dressing is removed, please perform wound care daily.**

- Wash your hands with warm water and soap. It is okay to get the stitches wet in the shower, but you must avoid swimming, hot tubs, or baths while sutures are in place.
- Do not clean the site with hydrogen peroxide, instead please use warm water and gentle soap.
- Please make sure the wound is dried thoroughly.
- Apply a thin layer of Vaseline or Aquaphor to the surgical site.
- You may cover the wound with a clean bandage if you desire; it is okay to use regular Band-Aids.
- If the surrounding area gets irritated from the bandage adhesive try using a different type of bandage, such as paper tape. (Available over the counter)

**Please DO NOT use Neosporin or any topical antibiotics unless prescribed by your doctor.**

Signs of Infection are Increased pain, soreness to the touch, redness or yellow drainage several days after surgery, and fever. If any of these signs appear, please call the office at (480) 916-3376.

Some bruising and swelling at the surgical site are very normal, please do not be alarmed.

**Special Instructions:**

- Limit activities for at least 48-72 hours. We advised that you do not participate in any strenuous activities (exercising, lifting, golf, etc.) for a period of 2-3 weeks after the surgery as these activities will increase your risk for Infection, worsen the appearance of the scar, and/ or delay healing time.

- After the first few days of the procedure, it is normal for a small amount of blood can ooze through the pressure dressing, please schedule a bandage change during normal office hours at (480) 916- 3376.

- **If profuse bleeding occurs: Apply FIRM CONSTANT PRESSURE** using a clean, dry washcloth/ gauze directly over the wound for approximately **30 minutes** (time this process) to help slow the bleeding down. **If bleeding continues, please call the after-hours on-call operator at (602) 787-3385.**

- Take extra strength Tylenol if pain is present, please avoid taking any aspirin or ibuprofen due to increased bleeding risk. Continue to follow instructions for wound care. There will be a scar and redness in the location after surgery and the sutures have been completely removed. The redness can be expected for as long as six months to a year.

If you have any questions or concerns, please call our office at (480) 916- 3376 during regular business hours.