

Comprehensive Dermatology Group

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Encinitas, CA 92024

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DAILY CARE OF SURGICAL SITE

General care:

- Ice the area for 15 minutes every hour until bedtime tonight. Apply the ice pack over the bandage.
- If the surgical site is on your arms, hands, legs or feet, elevate that body are as much as possible.
- You may take Tylenol as needed for pain. Do not take any blood thinners 48 hours after the procedure. This includes aspirin products, ibuprofen, Advil, Aleve, Naprosyn, herbals, and alcohol.

Cleaning instructions:

- Do not wet area for 24 hours. After 24 hours you may shower.
- When showering, avoid using a wash cloth, loofa and razor near surgical site.
- Remove white bandage with the gauze in 24 hours.
- Leave steri-strips and/or brown tape in place until sutures are removed or until they fall off.
- Cleanse area with hydrogen peroxide on a cotton ball once daily.
- Apply a small amount of Polysporin or Bacitracin. (Do not use Neosporin)
- Continue daily care until sutures are removed.

Activity restrictions:

- Activity, exercise and ocean swimming is restricted after surgery until sutures are removed.

Ace wrap:

- If we applied an ace wrap, please remove it before showering and before bed. Continue wearing ace wrap during the day until sutures are removed.

The doctor does not expect the site to bleed but if it does, apply direct pressure to the area for 7 minutes without stopping. If pressure does not stop the bleeding, call our office or go to the nearest emergency room.

Please call us if you are concerned about infection (increased pain, redness, and swelling).

Your suture removal appointment is _____