

## Affiliated Dermatology® Post-Operative Care

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The importance of post-operative care to your surgical site cannot be stressed enough. The care you take of yourself and your surgical wound is extremely important to the success of the procedure and to your recovery.

- Leave your pressure bandage on.
- It is OK to shower with your pressure bandage on, but the bandage will need to be kept dry (you can tape plastic wrap over the bandage).
- If the pressure bandage is removed, you should contact our office to schedule a bandage change at (480) 556-0446 and/or begin following the wound care instructions below. Some of our patients will have steri-strips (tan-colored strips of tape) over the wound. Do not remove these with your bandage; let them fall off on their own.

If the pressure bandage is removed please perform the wound care daily.

- Wash your hands with soap and water. It is now OK 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 gentle soap and water may be used.
- Dry the wound thoroughly with clean, soft cloth by blotting.
- Apply a thick layer of over-the-counter petroleum jelly/Vaseline with a cotton swab (apply directly over the steri-strips if applicable).
- Cover the wound with a clean bandage; it is OK 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. You may apply over-the-

counter cortisone cream to the rear irritated areas of where the bandage was; DO NOT APPLY THE CORTISONE CREAM IN THE WOUND.

Signs of Infection are: Increased pain, swelling, redness or yellowish drainage several days after surgery. If any of these signs appear, please call the office at (480) 556-0446. Some bruising and swelling is normal.

**Special Instructions:**

- Limit activities for at least 48-72 hours. It is advised that you do not participate in strenuous activities while you are healing for a period of 2-3 weeks following the surgery as these activities will increase your risk for Infection. Worsen scar appearance, and delay healing time even further (strenuous activities do include exercising or lifting).
- During the first few days following surgery, sometimes a small amount of blood can ooze from the surgical site and can be noticed underneath the bandage. If the blood is contained within the waterproof layer and not actively leaking or draining, please schedule a bandage change during normal office hours at (480) 556-0446.
- If profuse bleeding occurs: Apply constant, firm pressure for approximately 25 minutes. If bleeding continues, call the office at (480) 556-0446 or if after hours, the urgent physician line at (602) 787-3381. .
- Take extra strength Tylenol if pain is present but avoid aspirin or ibuprofen products due to increased bleeding risk.
- Continue to follow instructions for wound care.

There will be a scar and redness in the location after surgery. This will decrease as part of the healing progresses, but redness can be expected for as long as six months to a year. Everyone heals differently, and the final scar appearance depends on the individual's ability to heal. In other words, some scars heal and can hardly be seen while others become thick and/or tender. Because of the unpredictable nature of wound healing, the final appearance cannot be preoperatively ascertained; therefore, no guarantees can be impelled or stated as to the final appearance of the scar.

**If you have any questions, please call our office at (480) 556-0446.**

