

POST-OPERATIVE WOUND CARE INSTRUCTIONS for Sutured Wound- No Seal In

SURGERY DAY:

- Keep the initial pressure bandage dry and intact for 24 hours.
 - If the bandage becomes blood tinged or loose, reinforce it with gauze and paper tape.
- Remove initial pressure bandage after 24 hours and begin wound care as follows:
 - Clean area with tap water using a Q-tip or gauze pad (shower/bathe normally).
 - Dry wound with Q-tip or gauze pad.
 - Apply Aquaphor or _____ with a Q-tip.
 - ****DO NOT USE NEOSPORIN****
 - Cover the wound with a band-aid or nonstick gauze pad and paper tape.
 - Repeat wound care once daily until wound is completely healed or until next follow up.
- No dietary restrictions.
- You may continue your normal medications.

It is an old wives' tale that a wound heals better when it is exposed to air and allowed to dry out. The wound will heal faster with a better cosmetic result if it is kept moist with ointment and covered with a bandage. **Do not let the wound dry out!**

PAIN MANAGEMENT ON DAY OF SURGERY:

- ALTERNATE 500mg – 1000mg of Tylenol and 200mg – 400mg of Ibuprofen **every 4 hours**, beginning 1 hour after surgery as needed for pain relief.

✓ 500mg/1000mg Tylenol given at _____ am/pm. <ul style="list-style-type: none">• NEXT DOSE: _____ am/pm _____ am/pm
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✓ 200mg/400mg Ibuprofen given at _____ am/pm. <ul style="list-style-type: none">• NEXT DOSE: _____ am/pm _____ am/pm

RESTRICTIONS:

- ✓ No strenuous activity for 48 hrs.; may resume moderate activities in 48 hrs.
- ✓ Do NOT drink alcoholic beverages for 48 hrs.
- ✓ Do NOT smoke for 3 weeks. Smoking is detrimental to wound healing.
- ✓ You may ice the wound every _____ minutes/hour

REMINDER:

- **It is normal to have swelling and bruising around the surgical site. The bruising will fade in approximately 10-14 days. The swelling will resolve in 5-7 days. Elevate the area to reduce swelling.**
- Numbness, itching and sensitivity to temperature changes can occur after surgery and may take up to 18 months to normalize.

POSSIBLE COMPLICATIONS:

- **BLEEDING:**
 - Use tightly rolled up gauze or a cloth to apply direct pressure over the bandage for 20 minutes.
 - Reapply pressure for an additional 20 minutes, if necessary.
 - Call the office or go to the nearest emergency room if pressure fails to stop the bleeding.
 - Use additional gauze and tape to maintain pressure once the bleeding has stopped.
- **WOUND HEALING:**
 - One week after surgery a pink/red halo will form around the outside of the wound. **This is new skin.**
 - The center of the wound will appear yellowish white and produce some drainage.
 - The pink halo will slowly migrate in toward the center of the wound until the wound is covered with a new shiny pink skin.
 - There will be no more drainage when the wound is completely healed.
 - It will take six months to one year for the redness to fade.
 - The scar may be itchy, tight, and sensitive to extreme temperatures for a year after the surgery.
 - Massaging the area several times a day for several minutes after the wound is completely healed will help the scar soften and normalize faster. Begin massage only after healing is complete.

Please send a photo via the patient portal to “Goldstein, Mohs” in 30 days after your surgery:

- Select Messages from the top
- Select Compose Message from the left-hand side
- Select your provider in the “To” field *Note: if your provider’s name does not show up in the drop-down start typing the provider’s name then select their name to send them a message.
- Compose message
- Under message body, select hyperlink to Add Attachments – upload attachment from your device (phone or computer)
- Send message

