

INSTRUCTIONS FOR SUTURED REPAIRS

- The area will go through several color changes during the healing process. The area will be red and eventually a pink-white color. It will take approximately 6-12 months for all the color changes to progress. If you keep ointment on the incision for the first 1-2 weeks, it will heal faster and better. It is important not to pick at the area and to use soap/water or hand sanitizer before changing bandage.
- Some clear drainage from the incision is OK in the first few days. Add more bandaging to absorb this drainage if needed.
- Keep ointment and a bandage on the area for 1-2 weeks until either a follow-up appointment or when there is no more drainage/crusting.
- If the incision or the area around it becomes red, scaly, and itchy, switch to paper tape if you were using adhesive bandages, since patients can sometimes get an allergic reaction to bandages. This is not an infection.

TO CARE FOR THE AREA:

- Please go home and relax for the rest of the day. Avoid strenuous activity in the first 48 hours which may increase the risk for bleeding.
- Here are some pain medication ideas:
 - Tylenol (One to two 500mg tablets) every 4-6 hours during the afternoon and first evening following surgery, even if you do not feel much pain.
 - You can add ibuprofen 400mg at the same time as Tylenol (acetaminophen).
 - Or you can alternate taking Tylenol, then 2 hours later ibuprofen, then 2 hours later Tylenol, and so on- for the first day until bedtime.

* DO NOT exceed 4000mg of Tylenol in a 24-hour period. The day after surgery you can resume aspirin, Coumadin (if you stopped it before surgery), or aspirin-like medications if taking for a medical condition. *

* DO NOT take Tylenol if you have a history of liver disease.

* DO NOT take ibuprofen if you have kidney disease or history of peptic ulcer disease.

- Ice packs or a bag of frozen vegetables should be placed on the wound dressing for 10- 15 minutes every 1-2 hours during the first afternoon and evening following surgery to reduce swelling and pain. Wrap the ice pack in a washcloth or paper towel prior to placing it onto the area. You can use ice packs at any time after the first night to reduce any tenderness or swelling. Swelling can occur within 2-3 days after surgery. Sometimes surgery on the forehead or near the eye can cause the eye to swell shut for a couple of days. Swelling is often worse 1-2 days following surgery, then improves within the first week.
- It is important to keep the bandage completely dry one to two days following surgery. To remove the surgical bandage, it can help to moisten the edges of the bandage with a warm, wet wash cloth. If a bandage accidentally detaches earlier, apply another one. If there is some blood spotting on the dressing, apply some extra gauze on top of it or change the dressing if it's blood-soaked.

SEE REVERSE FOR FURTHER INSTRUCTION...

- Gently clean the area with soap and water.
- Apply Vaseline or Aquaphor and cover with a band aid or Telfa pad and paper tape if a band aide doesn't fit. Your drug store will have these supplies.
- Change the bandage daily.
- There may be a mesh material on the wound. This can be removed when you remove the dressing. If it sticks too much, it can be loosened with soap and water or in the shower. If it still sticks, it is ok to leave for a few more days until it is easier to take off.

BLEEDING

During the first few postoperative days, there can be some bleeding. The best treatment is firm, continuous pressure (no peeking!) for thirty (30) minutes. If the bleeding continues, reapply firm, continuous pressure with your fingers using gauze or a paper towel over the dressing or directly on wound if necessary for an additional thirty (30) minutes. If the bleeding persists, notify the office at 904-221-3100. After regular office hours or weekends, you can reach the on call provider at 904-221-3100.

In order to minimize bleeding or swelling, we recommend:

- A. Sleep with head slightly elevated using two pillows.
- B. Avoid bending over, lifting, straining or exercising for the first week. Walking is OK.
- C. Do not use alcoholic beverages in the first few days.

INFECTION- Monitor your incision for signs of infection such as:

- ✓ **Increasing Redness** around the wound site. Some redness is normal, but for redness that extends greater than ½ inch around wound and keeps increasing, we should be called.
- ✓ **Increasing Swelling** that continues past the first three days.
- ✓ You will have some discomfort for the first 2 days but if you have **Increasing Pain**.
- ✓ If you have a **Fever** or the wound feels **Hot**.
- ✓ Some clear, pink/red drainage is normal but if thick green/yellow **Pus** is seen,

Please call for any of the above.

If you have any questions, please feel free to contact the office at 904-221-3100 at any time.

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