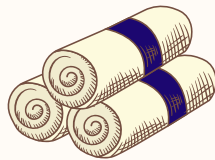# Desert Dermatology

Wound Care

Surgery

1

Wash

Use a gentle soap and water to wash your wound. It is now OK to get the stitches wet in the shower, but avoid swimming, hot tubs, or baths until suture removal.

2

Dry

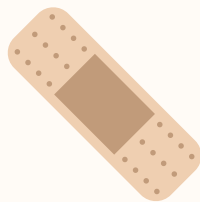Dry the wound thoroughly with clean, soft cloth by blotting.

3

Apply Vaseline

Apply a thick layer of over-the-counter petroleum jelly/Vaseline with a cotton swab. Do not use Antibiotic ointment.

4

Cover

Cover the wound with a clean bandage.

- Signs of Infection are: Increased pain, swelling, redness or yellowish drainage several days after procedure. If any of these signs appear, please call the office at (520) 771-2088.

- 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).

- A small amount of blood or ooze from the surgical site and can be noticed underneath the bandage. This is normal and common in the first few day.

- If profuse bleeding occurs: Apply constant, firm pressure for approximately 25minutes without peeking. If bleeding continues, call the office at (520) 772-0288.

- Take extra strength Tylenol for pain. If pain is not controlled alternate between Tylenol and ibuprofen every 3-4 hours.

- 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.

- One to two weeks after suture removal you can start massage to the scar. Massage 3 -5 times a day, each session lasting a few minute. This may be uncomfortable at first.

- Silicone gel and sunscreen can also help the scarring process. A scar is fully healed at 1 year.