

Redwood Family Dermatology

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After Surgery Wound Care Instructions

1. After surgery, go home and rest. No lifting, bending over, exertion, straining. These activities may cause bleeding at the wound.
2. Do not take aspirin or aspirin containing medication or NSAIDS (such as motrin, ibuprofen, advil) for 48 hours. Read the labels of any medications to check its ingredients. Do not drink any alcoholic beverages. If you have discomfort, we recommend you take Tylenol as needed.
3. Your wound may ooze or bleed within the first few hours after surgery. This can be controlled by applying firm direct pressure over the dressing for 15 minutes and repeat. Do not release the pressure to peek at the wound until the 15 minutes are up.
4. Use an ice compress over the dressing for 10 minutes on and 10 minutes off every 2-3 hours while awake for 1-2 days to lessen swelling.
5. Keep the pressure dressing on until tomorrow. Keep the area dry. It is OK to take a shower tomorrow but keep the dressing on when/if you decide to shower.
6. Change the dressing once daily, starting tomorrow.
 - Remove the dressing
 - Gently clean the area with Q tips moistened with water. If wound has crusted over, okay to dab with hydrogen peroxide on Q tip or cotton ball.
 - Apply Vaseline to the wound with Q tips.
 - Cover the wound with a Band Aid or Telfa bandage and tape.
 - Keep the dressing dry and change the dressing if it becomes wet.
7. Wounds DO NOT heal better if they dry out or are exposed to air. Wounds DO heal better if kept clean and moist with ointment and a bandage.
8. Swelling and/or discoloration and bruising around the surgical site are common, especially when performed around the eye. Redness with itching usually indicates sensitivity to the bandage tape or ointment used to dress the wound. Notify us if this develops.
9. Notify the Physician if you notice any of the following:
 - Persistent or increased pain at the wound site.
 - The area around the wound or sutures looks red and feels warm to the touch.
 - Red streaks radiating away from the wound site or sutures.
 - Pus at the wound site.
 - Increased swelling at the wound site.

*Please call if you have any questions or concerns: **707-545-4537***