

Dermatology Post-Surgical Care (LEGS)

Please do not bathe or shower for 24 hours and leave all bandages/dressings intact and in place for 24 hours.

After the 24 hrs. @ _____ , you may remove all dressings.

You will have to change your dressing twice daily until sutures are removed.

1. Remove entire dressing down to the sutures (which includes steri strips and brown paper tape) and cleanse the area with hibiclense rinse once daily in the shower from the hip and groin down.
2. Mix the prescription ointments, mupirocin and gentamicin and apply twice daily to sutures.
3. Dress the area with a non-adherent gauze, paper tape and wrap area with an ACE wrap with firm pressure.
4. *** The surgical site needs to be kept moist with mupirocin and gentamicin ointments AT ALL TIMES and kept covered. ***

Daily Care Tips

1. Apply an ice pack over the surgical site for 20 minutes at a time, two to three times the day of surgery to decrease pain, swelling, and bruising that may occur.
2. Elevate the area as much as possible to reduce swelling above the heart on a pillow.
3. You may alternate Extra Strength Tylenol with Ibuprofen (Advil) as needed for discomfort. If alternating the medications, they should be taken at least 4 hrs. apart.
4. Continue taking all medications prescribed by your physician including aspirin.
5. No strenuous activity until further stated by your surgeon.
6. Do not drink alcoholic beverages for 48 hours. Do not smoke for 3 weeks. Do not resume exercise until advised by the surgeon.

POST-OP EXPECTATIONS:

1. **Expect significant bruising, SWELLING and tenderness of surgical site and surrounding tissue.**
2. **Numbness, itchiness and sensitivity to temperature changes can occur after surgery and may take up to 18 months to normalize.**
3. **Avoid activities that require you to bend at the waist and elevate your blood pressure as this can increase pressure and bleeding.**

POSSIBLE COMPLICATIONS:

BLEEDING:

1. Leave the bandage in place and use rolled up gauze or a clean cloth to apply firm, direct pressure constantly over the surgical site for 20 minutes, without looking and releasing pressure, then apply an ice pack over the surgical site for 20 minutes at a time.
2. Call the on-call physician at the number below if pressure and ice fails to stop the bleeding
3. Use additional gauze and tape to reinforce bandage once the bleeding stopped.

PAIN:

1. A severe increase in pain may indicate a problem. Call the office if this occurs.

SWELLING:

1. Keep elevated as much as possible above the heart.
2. Keep leg wrapped with ACE wrap
3. Avoid stairs as much as possible.

In Case of an EMERGENCY please call our office immediately at (315) 452-3376, Press option #1 to reach the on-call provider.

ANTIBIOTIC: _____ **Take one by mouth once every 12 hours for 7 days**

SUTURE REMOVAL: _____

Date: _____

Initial: _____