

## **Dermatology Post-Surgical Care (Dissolving sutures)**

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 the top white tape and gauze dressing, exposing the brown

paper tape. Leave this in place until they fall off or you have reached 14 days. Leave brown dressing on and as dry as possible (Do Not Get Wet). You can apply Tegaderm (waterproof film dressing) to ensure dressing does not get wet.

**The brown paper tape will have dried blood on it, this is okay to leave on until suture removal.**

### **ONLY FOR DRESSINGS THAT HAVE BECOME SOILED: (such as blood or wet with water)**

You may remove the brown dressing and cleanse the area with gentle soap and warm water. You do not need to repeat this. Steri-strips may fall off when you perform this which is OK. Pat dry the area then apply Bacitracin or petroleum jelly(vaseline) on the incision along with a new clean dressing (with a bandaid or gauze with tape). Change the dressing daily and reapply Bacitracin or petroleum jelly(vaseline) after mildly cleansing the area with warm water. (**DO NOT** use Neosporin or triple antibiotic)

**\*If you need to remove the dressing or it falls off, keep the surgical site moist AT ALL TIMES with bacitracin or vaseline and keep covered. \***

### **General Instructions:**

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.  
**WRAP ARMS** with ace bandage.
2. You may take and alternate Extra Strength Tylenol with Ibuprofen (Advil) as needed for discomfort. If alternating the medications, they should be taken at least 4 hrs. apart.
3. Continue taking all medications prescribed by your physician including aspirin.
4. No strenuous activity for 48 hours or otherwise directed by your surgeon.
5. Do not drink alcoholic beverages for 48 hours. Do not smoke for 3 weeks.
6. Elevate the area if possible to reduce swelling over the next 48 hours after surgery on two pillows. If surgery is on the head or neck, elevate with two pillows while lying down.
7. Numbness, itchiness and sensitivity to temperature changes can occur after surgery and may take up to 18 months to normalize.

### **POST-OP EXPECTATIONS:**

1. **Expect significant bruising, SWELLING and tenderness of surgical site and surrounding tissue.** It is **NOT** uncommon to have swelling around the eyes 2 days after procedure done on the forehead or scalp.
2. Avoid activities that require you to bend at the waist and elevate your blood pressure as this can increase pressure and bleeding.
3. **Healing:**
4. The sutures will dissolve anywhere from 90-120 days. You may experience some lumpiness and feel the knots on each end of the incision. **DO NOT** try and pull or remove these as they will make their way to the surface. Call the office to have them removed if bothersome.

### **1. POSSIBLE**

**COMPLICATI  
ONS**

**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.
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, sudden increase in pain and/or firm feeling of swelling may indicate a problem.

**In Case of an EMERGENCY please call our office immediately at (315)**

**452-3376,**

**Press option #1 to reach the on-call provider.**

**ANTIBIOTIC: \_\_\_\_\_**

**Date: \_\_\_\_\_**

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

**Initial: \_\_\_\_\_**