



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 _____ 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.

Healing:

1. 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.

ONLY FOR DRESSINGS THAT HAVE BECOME SOILED: (such as blood or drainage)

You may remove the brown dressing and cleanse the area with vinegar and warm water (mixture of 1 tablespoon of white vinegar in 2 cups of 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 Polysporin/Bacitracin or petroleum jelly on the incision along with a new clean dressing (with a bandaid or gauze and tape). Change the dressing daily and reapply Polysporin/Bacitracin or petroleum jelly after mildly cleansing the area with warm water.

(Do not use Neosporin or triple antibiotic)

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. Take Extra Strength Tylenol or aspirin free pain relievers as needed for discomfort.
3. Continue taking all medication prescribed by your physician.
4. Do not resume aspirin or other over the counter products that contain aspirin or ibuprofen for 48 hours or unless advised by your doctor.
5. No strenuous activity for 48 hours.
6. Do not drink alcoholic beverages for 48 hours. Do not smoke for 3 weeks. Do not resume exercise until advised by the surgeon,
7. 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.
8. 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.

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.
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.

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**



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