

**Mohs/Dermatologic Surgery Unit
Peninsula Dermatology and Laser Clinic
Wound Care for Sutured Wounds**

Practice good hand hygiene - always wash your hands with antibacterial soap before changing the dressing or touching your wound to apply medication.

T I E	Tylenol
	Ice
	Elevation
<i>for the first 3 days</i>	

-You can expect some discomfort after the anesthesia wears off. An extra strength Tylenol taken every 4-6 hours will reduce pain. **IF** Tylenol does not reduce the pain to a tolerable level, take 500mg of Extra Strength Tylenol & 600mg Advil/Ibuprofen. If taking combination of Advil & Tylenol take every 6 hours. Be cautious as combination acts as a narcotic, no driving etc.. **Do not exceed 3,000mg of Tylenol in 24hrs.**

-You can expect some bruising and swelling. Applying ice packs for 10-20 minutes every hour you are awake, **directly** over the bandage for the first 3 days, will reduce swelling and help with discomfort.

-Please keep the surgical site **elevated** as much as possible. Relaxing in a recliner or sleeping on a couple of extra pillows may be helpful. This will help to keep swelling down.

-If there is slight bleeding or oozing at the site do not remove bandage, add to it with gauze and tape, apply **constant, firm pressure for 15-20 minutes** (no peeking!). If oozing persists, hold for 20-30 min. (no peeking!). Bleeding will always stop with enough constant firm pressure.

-Leave pressure dressing on for **2 - 3 days** after surgery. **Do not get bandage wet for 2 - 3 days.**

-After 2 – 3 days remove the pressure dressing in the shower, allowing it to get saturated for easier removal.

-Once the bandage is removed, the surgery site may now get wet. Gently clean the area with antibacterial soap and water daily. **Do not use a washcloth.** After showering, pat the wound dry, apply a layer of **Vaseline or Aquaphor.** **AVOID Neosporin as it frequently causes redness and allergic reactions. IT IS VERY IMPORTANT TO KEEP THE WOUND MOIST WITH OINTMENT TWICE A DAY until follow up!!** It is not necessary to re-bandage the area after the initial bandage is removed.

-It's important to be a couch potato for the next 3 days to build a stable blood clot. Avoid bending, stooping over, heavy lifting, and straining for 3 days after surgery, taking it easy for the next week.

-Avoid rigorous exercise and activities for 2 weeks after surgery.

-Avoid alcohol and smoking for several days after surgery. Alcohol is a blood thinner and could potentially cause bleeding. Smoking reduces blood flow to the healing wound.

- Please call our office at **253-851-7733 x 231** during business or afterhours **253-851-7733** if the wound appears to be getting worse instead of better. Signs of infection are: increasing tenderness, redness, and swelling; drainage or oozing that appears pus-like; site feeling warm to the touch.