

Postoperative Wound Care Instructions

- Keep initial dressing dry and in place (do not remove) for 48 hours. You may shower just before removing the dressing; allowing it to get wet. This will help the bandage come off easier. Wash the area gently with soap and water daily, blot the wound dry with gauze, apply enough petroleum jelly (Vaseline), _____ to completely cover the stitches, then cover with a non-stick pad and tape or other bandage. Continue this wound care until stitches are removed.
- If bleeding should start, hold firm & continuous pressure over the area for 30 minutes. If significant bleeding continues, contact our office.
- Depending upon the location and nature of your surgery, there may be activity restrictions which will be specified at the time of surgery. In general, avoid exercise, heavy lifting, stooping or bending, or any other type of physical exertion for 1 week after the surgery (longer periods may be specified depending on the site of your surgery). Avoid exposure of the surgery site to sources of potential dirty water such as hot tubs, swimming pools, lakes, and oceans until stitches are removed and the wound is completely healed. Elevate surgical site above the level of the heart as often as possible to minimize swelling, bleeding, pain and to improve healing. If the surgery site is on the face or head, sleep on the unaffected side with your head elevated. Your eyes may become swollen shut after surgery on the face, this is normal and should resolve within a couple of days to a week.
- All medications stopped prior to surgery can be restarted 3 days after surgery.
- If you purchased Biocorneum Scar Gel, you may begin applying it one week after stitches are removed OR after any steri strips fall off. Apply a thin layer to the scar twice a day for six months.

Pain Management

- **Take 1 extra strength (500mg) Tylenol (acetaminophen) or 2 regular strength (325mg) and 400mg of Advil (Ibuprofen) every 4-6 hours.**
- **Rest & Elevate** the surgical site above the level of the heart.
- **Ice** the area for 10-20 minutes, every 1-4 hours while awake. A bag of frozen peas or other small vegetables works well for this. Apply on top of bandage, never apply anything frozen directly to the skin.

What you should expect after your surgery

- Swelling, bruising, mild bleeding and pain. All of these items are normal.

What you should watch for after your surgery

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| <ul style="list-style-type: none">● Sudden or excessive pain● The wound opening up● Development of a fever of 101 degrees or greater | <ul style="list-style-type: none">● Persistent bleeding● Wound becoming progressively red, warm, swollen, painful |
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If any of these things occur, contact our office immediately at 316-682-7546 or 800-259-3591, 24 hours a day, 7 days per week

Routine pathology testing usually takes about 2 weeks. Our office will contact you with pathology results approximately 2 weeks from the time your excision was done. If you have not received your pathology results within that time frame, please contact our lab and pathology department at 316-682-7546, option 5.