

Arizona Advanced Dermatology
740 East Highland Ave, #203
Phoenix, AZ 85014
Phone 602-248-9351

Dr. Yulia Khan
Stella Denise Stephanie

Next appt: _____

Post-operative wound care- **surgical glue and steri-strips wounds**

1. Keep white bulky dressing dry and in place for 48 hours.
2. Avoid alcoholic beverages for the first 48 hours.
3. Use Tylenol or Extra Strength Tylenol as recommended for any pain/discomfort OR prescribed pain medication as directed by physician.
4. After 48 hours, remove the white dressing but leave brownish steri-strips in place.
5. Remove the steristrips in 7 days. You may notice a thin film "peeling off" after the steri strips are removed. This is the medical grade glue. Do not peel off. Allow it come off naturally.
6. You may shower but do not let the forceful stream of the shower hit the wound directly.

Do NOT apply liquid or topical medications onto the wound, this can weaken the glue. You may shower and bathe the site gently; the site should not be scrubbed, soaked, or exposed to prolonged wetness until the glue has fallen off completely (5-10 days). You should also avoid swimming during this time.

7. If bleeding should occur, apply CONSTANT pressure for 20 minutes.
8. For uncontrolled bleeding or emergencies call our office number above

Special Instructions:

- No bending over or lifting for 48-72 hours.
- Keep head elevated. Sleep on 2 pillows or in a recliner.
- Apply ice pack or frozen peas in a zip lock bag, 10 minutes at a time, 3-4 times during the first 24 hours.
- Elevate extremity as much as possible for 48 hours.

Pain medications:

- Hydrocodone/acetaminophen (Vicodin)
- Oxycodone/acetaminophen (Percocet)
- Codein/acetaminophen (Tylenol #3)

Please note:

- ✓ Prescription is a narcotic.
- ✓ Both contain Tylenol. Please do not take any more than the daily recommended intake of Tylenol which is 3,000 mg.
- ✓ May cause drowsiness, please do not drive while taking.
- ✓ Causes constipation. Take a stool softener and/or extra fiber while taking these medications.

If antibiotics were prescribed, please pick up your prescription at your pharmacy:

- Keflex (Cephalexin)
 - ✓ Do not take if you have an allergy to penicillin or cephalosporin unless previously discussed with the physician.
 - ✓ Common side effects are diarrhea, nausea and/or vomiting
- Doxycycline
 - ✓ Avoid sun exposure; can make you sunburn more easily.
 - ✓ Calcium inhibits absorption; do not take dairy, multivitamins or calcium supplements one hour before or after dose.
 - ✓ Can cause heartburn; **do not lie down** 30 minutes after taking.