

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: granulation (no stitches)

Keep the pressure dressing (white and bulky) dry for 48 hours. Remove the dressing 48 hours after your surgery. It is fairly common for the incision to ooze or bleed especially the first few hours after surgery. Excessive **bleeding** can be effectively controlled by applying firm direct pressure on the surgical site for **20 continuous minutes**. If bleeding persists after holding pressure for 20 minutes **twice**, please call our office. You can expect to have black and blue bruising around the surgical wound and have mild swelling. The most severe swelling and bruising can occur up to **48 hours post procedure**.

Once you have removed the pressure dressing, gently wipe off the ointment and cleanse the wound daily with soap and water. You may shower.

After cleaning, gently pat the wound dry and then apply a thin layer of Vaseline or Aquaphor (available in drug stores without a prescription) and cover with the appropriate size Band-aid or non-stick dressing (Telfa). Continue the cleaning, Vaseline or Aquaphor and Band-aid treatments once a day until your return visit. **Do not let a scab form.**

All wounds normally drain. The larger the wound, the more drainage. This should be kept moist with daily application of Vaseline or Aquaphor healing ointment and covered with an appropriate size Band Aid or non-stick dressing. The healing process may take several weeks or months depending on the wound size. Wound care is continued until it is healed.

For pain or discomfort, you may take Extra Strength Tylenol, unless you have a medical condition that does not allow you to take this medicine or unless it is otherwise advised by your primary care physician. Tylenol 500mg may be taken every 4-6 hours for pain or discomfort. (Do not take more than 6 Tylenol in a 24 hour period.) If other pain pills are prescribed, please follow the directions on the label.

You may have been given an Ace wrap if the surgery was performed on your **arm(s)** or **leg(s)**. Wrap your arm or leg with the Ace wrap, but do not wrap it too tightly. Use the Ace wrap for one to two weeks following surgery during the day only. Remove the Ace wrap at night. The Ace wrap will increase the blood circulation to the area and help to minimize swelling. Keep your limb elevated whenever you are at rest (above the level of the heart). For the leg always begin the ace wrap at your instep and wrap just to below your knee.

In about 3-4 weeks, some patients may develop excessive granulation tissue (a mound of pink healing tissue) that slows the healing. If this should occur, please call the office and we will arrange a follow-up visit.

Should any unexpected circumstance require that you obtain more information or if you have any problems, such as unusual swelling, pain, bleeding, fever or drainage of the surgical site, please call our office.