

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- Suture/staple 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 dressing. You may get wet in shower. Begin DAILY wound care as follows:
 - o Cleanse wound with mild soap and water
 - o Pat dry and apply Vaseline or Aquaphore ointment using Q-tip
 - o Cover with non-adherent pad (Telfa) secured with paper tape or Band-Aid
 - o DO **NOT** let the wound dry out or form a hard scab
 - o Change dressing 1-2 times per day
5. If bleeding should occur, apply **CONSTANT** pressure for 20 minutes.
6. 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.
- [] Avoid chewy foods. Avoid opening mouth widely. Semi-soft foods are recommended during first 48-72 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.

PAIN:

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Post-operative pain is usually minimal. Extra-strength Tylenol (or acetaminophen), two tablets every four to six hours, usually relieves any pain you may have. Take Tylenol when pain begins - do not wait until it is severe. Do not take more than 6 capsules in a 24 hour period. Do not take any aspirin, Ecotrin, Motrin, Advil, or ibuprofen containing products. If your surgery was performed on the hands, fingers, or lower legs and/or feet, elevate these areas whenever at rest to minimize swelling and pain.

BLEEDING:

It is fairly common for the incision to ooze or bleed especially the first few hours after surgery. You may notice some blood on the edges of the dressing the first day. This is NORMAL. Limit physical activity for the first week after surgery. If bleeding starts and saturates the dressing, apply firm continuous pressure over the dressing with gauze for 20 minutes by the clock. This will usually stop the bleeding. If the bandage is completely saturated with blood, remove the bandage and apply firm pressure for 20 min with a clean gauze. If bleeding persists, please call the office. If you are traveling, please go to the nearest emergency room or urgent care center.

WOUND CARE:

The first day after surgery the wound may be tender, it may bleed slightly or seep a small amount of clear fluid. The suture line should be cleansed daily with soap and water (you may shower to cleanse the wound. Do not let the forceful stream of the shower hit the wound directly.) Gently loosen any crusting with a Q-tip. You may also soak the wound for 5 minutes with a warm wet gauze to loosen any persistent crusting. Pat dry the incision.

Apply a thin layer of Vaseline over the wound. Cover the wound with a non-stick dressing held with paper tape or a Band-aid large enough to cover the wound. It is important to keep the wound covered. You will return to our office in approximately one week for suture removal.

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.

APPEARANCE:

There may be swelling and bruising around the wound, especially near the eyes. The area may remain numb for several weeks or even months until the nerve fibers repair themselves. You may also experience intermittent pain or itching near the wound as it heals. Any persistent symptoms should be brought to our attention.

The suture line may be dark pink at first and the edges of the wound may be red. This will lighten up day by day and will be less tender. If you experience any of the following symptoms: severe redness, warmth, tenderness, yellow discharge, fever or chills, please call our office immediately.