



REVIVAL DERMATOLOGY

Post Procedure Instructions

POST-OPERATIVE CARE WITH SUTURES

- The importance of post-op care to your surgical site cannot be stressed enough. The care you take of yourself and your wound is extremely important to the success of your procedure.
- To reduce bleeding: Limit your activities for at least 24 hours and if possible until the sutures are removed. Keep the site elevated, and if the site is on your head or neck, avoid stooping or bending, straining to have a bowel movement and sleep with your head and shoulders elevated on extra pillows. Please avoid any activities that put stress on the wound.
- SHOULD BLEEDING OCCUR, apply firm constant pressure on the bandage for 20 minutes. If it doesn't stop, repeat. If the site is still bleeding, call us or go to the ER.
- To reduce swelling, apply ice for 20 minutes each hour while you are awake.
- Pain is generally slight and controlled with Extra Strength Tylenol.
- Infection seldom occurs when the wound care instructions are carefully followed. Signs of infection include pain, swelling, redness or yellow drainage several days after surgery. If you think your wound is infected, please call the office.
- There will be a scar and redness after surgery. This will decrease as healing progresses but redness should be expected for as long as 6 months.
- If you are concerned with scarring, laser and light treatments can be performed to minimize the scarring and we can start these the day of your suture removal. Insurance will not cover the cost of scar treatments.

WOUND CARE TWICE DAILY:

- Wash hands with soap and water.
- Apply hydrogen peroxide on a wet wash cloth or gauze and apply to suture line to remove crusts from the wound.
- Dry the wound thoroughly with a clean soft cloth by blotting.
- Apply a thin layer of ointment (vaseline, Aquaphor) to the scar with a q-tip. Avoid Neosporin as this is a common cause of dermatitis. Keep the area MOIST.
- Cover with a clean, dry dressing.
- If you have not received your pathology report by the time of your suture removal please let us know.

