

## Post Surgery Wound Care

Suture removal in \_\_\_\_\_ days

### What to do after the surgery

- After your procedure, the surgical wound will be covered by a pressure dressing. Keep the bandage on for 24 hours and follow the care instructions below.
- Your wound may begin to drain fluid or bleed within the first few hours of surgery. If this occurs apply direct pressure to the bleeding site with a clean dressing. Keep constant pressure on the site for 15 minutes.
- Do not take aspirin or aspirin-containing medications such as: alka-seltzer, Anacin, Excedrin, Bufferin, Empirin and many other cold medications. Do not take medications containing ibuprofen: Motrin, Advil, Nuprin, Pamprin, Clinoril or Feldane. Read the label of any medication you take to check its ingredients. If you are uncertain ask your doctor or nurse if you may take the medicine.
- If you have discomfort following the surgery take Tylenol with food and ice as necessary to reduce pain.
- Change the dressing daily beginning 24 hours after surgery. Follow this procedure:
  - Wash your hands well with soap and water
  - Remove the dressing
  - Gently clean area with soap and water then dry area carefully with a clean tissue or remove bandage and shower.
  - Gently apply Vaseline, Aquaphor, Neosporin or Bacitracin ointment to the wound
  - Cover the wound with a band-aid. Keep the dressing dry. If it does get wet, change the dressing
- If Steristrips have been applied to your wound, do not remove them yourself. Leave the Steristrips to fall off on their own. Steristrips can take days to fall off, but if they fall off earlier, do not be alarmed.

### What to Avoid

- Avoid strenuous exercise, bending, straining, stooping or lifting heavy objects during the first few days after surgery. These activities may cause bleeding at the wound site or can cause the wound to open because surgical sites have less tensile strength than normal skin. Avoid getting water on the biopsy site for the first 24 hours. After that it is ok if the biopsy site gets wet for a short period of time (in the shower, for example). Do not submerge the wound in water such as a bath or swimming pool until the stitches are removed.

### What to expect

- Moderate pain is normal and will improve. If needed take Tylenol for pain. Do not take Ibuprofen

### What to look out for

- If the site becomes excessively swollen, red or draining pus after the first 24 to 48 hours, please contact the office at 703-356-5111.
- Your pathology will be sent to a dermatopathology lab for evaluation. It usually takes at least one week for results to arrive. Expect a phone call from us regarding your pathology results in approximately one week.