

POST-OPERATIVE INSTRUCTIONS

POST-OP MEDICATIONS

Please apply over-the-counter Vaseline or Aquaphor to your healing wound three times a day. Tylenol 500mg as directed should be effective for your pain. Start taking it immediately after arriving home to help prevent pain when the effect of the lidocaine begins to wane. Call the clinic if you have any excessive pain. If you have been prescribed antibiotics, please pick them up and start them immediately.

DAY ONE:

Keep the area dry and bandaged for 48 hours.

Take it easy! Avoid any strenuous exercise or activity for several days.

DAY TWO, UNTIL HEALED:

Follow these directions to help keep the surgical site moist and covered and **prevent a scab from forming**. A scab slows down the healing process and can lead to a less attractive final scar!

- Clean the surgical site 2-3 times daily using hydrogen peroxide diluted with warm water (about a 50/50 mixture).
- Pat the wound dry, then apply the Vaseline or Aquaphor.
- Cover with a clean bandage.
- If you develop a reaction to band aids or tape, try a Telfa nonstick bandage instead (Available at CVS).
- Be sure to keep any follow-up appointments you have been scheduled.

FOR PAIN/DISCOMFORT:

Use Extra-Strength Tylenol as directed on packaging instructions. Avoid drinking alcohol/beer while taking Tylenol.

Tylenol is effective for the majority of post-surgical pain with skin surgery.

In case Tylenol is not adequate for your pain, please contact the Samaritan Dermatology Department. In rare instances, prescription pain medication is required. If the prescription pain medication is not effective, please contact our office for assistance.

DO NOT TAKE ASPIRIN, IBUPROFEN, OR NAPROXEN AS THIS CAN INCREASE CHANCES OF BLEEDING. DO NOT STOP THESE MEDICATIONS IF THEY ARE BEING PRESCRIBED BY A PHYSICIAN FOR A SEPARATE MEDICAL PROBLEM.

FOR BLEEDING: Apply firm pressure to the area for a full 15 minutes—no peeking!
If bleeding continues, contact our office for assistance or Dial 911.

FOR SWELLING: Gently place ice packs on area for 15 minutes at a time, 1-2 times an hour.

CALL IMMEDIATELY FOR ANY CONCERNS ABOUT HEALING, INFECTION, OR BLEEDING:

Office Number: 315-755-3670

Wound Check:	_____ days/weeks	Date: _____	Time: _____	Clinic: _____
Suture Removal:	_____ days/weeks	Date: _____	Time: _____	Clinic: _____
3 Month Skin Cancer Evaluation Appt:		Date: _____	Time: _____	Clinic: _____
Other Appt (PDT, new lesion, rash,etc)		Date: _____	Time: _____	Clinic: _____