

CENTER FOR DERMATOLOGY, COSMETIC AND LASER SURGERY, INC.

2557 Mowry Ave. Ste. 25
Fremont, CA 94538
(510) 797-4111

995 Montague Expy. Ste. 111
Milpitas, CA 95035
(408) 957-7676

POST OPERATIVE INSTRUCTION SHEET

1. Beginning the day after surgery, unless otherwise instructed, cleanse the wound and change the bandage daily until you return to have the sutures removed.
2. It is okay to get the wound wet when you bathe. Gently cleanse the area with mild soap and water daily. However, do not allow a harsh stream of water to strike the area directly.
3. If any caked blood remains after washing, soak a gauze pad with 3% hydrogen peroxide and lay it directly on the wound. This will loosen any dried blood and any other material which has collected and adhered to the wound. It is important to remove as much of this material so you can get the wound clean. Do not force this material off. 10-15 minutes of soaking is usually sufficient. After that you may attempt to remove any adherent material with a clean Q-tip soaked with hydrogen peroxide. Pat dry with clean gauze.
4. Redress the wound after washing by applying Aquaphor, Vaseline, or Mupirocin (whatever is suggested by staff) to a non-adhering pad (such as Telfa or Adaptic), then secure the gauze in place with a non-allergic product such as Micropore paper tape, **AVOID POLYSPORIN, NEOSPORIN AND TRIPLE ANTIBIOTIC OINTMENT.**
5. Wound infections rarely occur, but should this happen please call us immediately. Infections may be recognized by the following signs:
 - A. Increasing redness and tenderness around the wound.
 - B. Discharge of yellow, brown or green material from the wound with increasing amount on the bandage.
 - C. Red streaks going up the arm or leg in the wound on an extremity.
6. As a general rule there is little pain after skin surgery. If pain occurs take only Tylenol or extra strength Tylenol. AVOID ASPIRIN AND IBUPROFEN PRODUCTS AS THEY PROMOTE BLEEDING. If Tylenol doesn't control the pain, call the office. Avoid smoking and alcohol for 14 days after surgery.
7. If bleeding occurs, apply steady pressure with 5-6 clean gauze pads directly over the area for 20 minutes. If this fails to stop the bleeding, call the office. Please note that it is normal to see a little bruising around or below the wound, especially around the eyes. Black and blue is normal.
8. It is best to keep the surgical area elevated for a few days, for example for surgeries on the head or neck, sleep with the head elevated for the first few nights, do not bend over the head lower than the heart. Also, avoid heavy lifting.
9. If you have any questions about postoperative care call the office during regular business hours 8:00am-4:30pm.
10. Should an emergency arise after hours or on weekends, call the office immediately. You will be given a telephone number to call in order to reach our on call physician, who will be promptly paged. Simply enter your area code and phone number.
11. You may need to purchase:
 - A. Aquaphor
 - B. Adaptic gauze, Vaseline gauze or Telfa pads
 - C. Gauze pads, either 2"x2" or 4"x4" depending on the size of the wound
 - D. Micropore paper tape or equivalent
 - E. 3% hydrogen peroxide

Website: <http://www.centerforderm.com>

©2017 Center for Dermatology, Cosmetic and Laser Surgery, Inc.