

SOUTH COAST DERMATOLOGY

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Post Operative Wound Care Instructions - Inner/Outer

1. Keep dressing dry for 24 hours.
2. After 24 hours the OUTER BANDAGE may be removed and replaced with a new outer bandage (Gauze or Telfa). Each day change the outer dressing.
3. Leave the INNER BANDAGE in until you return to see the doctor.
4. After 24 hours, you should protect the area from prolonged water exposure. (Avoid swimming or direct water from tub/shower)
5. Avoid strenuous activity for 2-3 weeks after surgery.
6. Use NO aspirin containing products or alcohol for the first 3 days following the surgery. If you experience pain or discomfort, use TYLENOL (1-2 tablets every 4 hours).
7. If BLEEDING occurs, apply direct pressure for 20 minutes. If the bleeding persists please call the office.
8. If the area becomes very SORE AND RED, or if the area appears infected, please notify us immediately.
9. It is not unusual for a bruise to form around the wound site that will last for 2-5 days.

** If the inner bandage falls off, clean the area with hydrogen peroxide, dry it off gently. Apply Bacitracin ointment over the sutures and cover with a Band-Aid 1-2 times daily.

** If you have any problems call 781-335-9700. If your doctor is unavailable, speak to the nurse.