

**SKIN INSTITUTE**  
**DERMATOLOGY CONSULTANTS OF SOUTH FLORIDA, P.A.**

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**POST-OPERATIVE WOUND CARE**

1. Leave bandage on for **24 hours**.
2. Your wound should be cleaned ☐ **once** ☐ **twice** daily. (once in the morning and once in the evening)
3. A shower may be taken after the first 24 hours. Leave your bandage on in the shower and get it wet, this allows the bandage to come off easier.
4. **NO SWIMMING**.
5. **Men:** when shaving, leave your bandage on and shave around it. If you shave over the sutures, you will cut them and risk the wound opening and or infection.
6. Carefully remove the bandage so the wound is not irritated.
7. Wipe off any old ointment with a clean q-tip.
8. Gently clean the area with: ☐ Soap and water ☐ Peroxide ☐ Saline - on a q-tip and rub surgical site.
9. Apply a thin layer of  
☐ Bacitracin Ointment ☐ Aquaphor ☐ Vaseline Ointment  
☐ Bactroban Ointment (Mupirocin) ☐ Altabax  
to the sutures or fill in the surgical wound.  
**\*\*If a rash or itching occurs, switch to vaseline instead of your present ointment\*\***
10. Cut a piece of "**non-stick gauze**" or "**telfa**" pad to a size just large enough to cover the sutures or surgical site. (Walmart carries non-stick gauze)
11. Apply **hypoallergenic paper tape** to hold your bandage in place.

**ADDITIONAL INSTRUCTIONS**

1. Bruising or swelling may occur and can increase for up to 48 hours. Do not be alarmed. This will go away with time. You may use ice compresses over the bandage to help decrease bruising and swelling.  
**ICE:** - place a handkerchief or washcloth around your ice pack  
Apply over bandage  
10 minutes on  
20 minutes off  
4 - 6 times today
2. If slight bleeding occurs, apply pressure for 15 minutes without releasing. Repeat if necessary. If bleeding persists or is severe call the office. If the office is closed call 911 or go to the nearest emergency room.
3. How to determine if the wound is infected:  
A. Hot or extremely tender to touch.  
B. Bright red around the wound, exceeding 1 inch around the rim.  
**\*\*If any of the symptoms apply to you please contact us at 954-752-7552\*\***
4. Oozing from wound is normal.
5. If healing without sutures: You may not see any signs of healing for 2-3 weeks. The area takes anywhere from 4-8 weeks (or longer, depending on the location) to completely heal. You should keep the wound covered until follow-up visit or until you see that the peroxide no longer fizzes.