

**Moeller Dermatology**  
**1911 N. Webb Rd.**  
**Wichita, KS 67206**  
**(316) 682-7546**

### **Postoperative Wound Care Instructions**

- Keep initial dressing dry and in place (do not remove) for 24 hours.
- If bleeding should start, hold firm & continuous pressure over area for 15 minutes without removing the bandage. If bleeding persists after 15 minutes of constant pressure repeat this step by holding constant pressure on the wound for another 15 minutes. If significant bleeding continues after the second application of pressure, contact our office.
- Depending upon the location and nature of your surgery, there may be activity restrictions which will be specified at the time of surgery. In general, avoid exercise, heavy lifting, stooping or bending, or any other type of physical exertion for 3 days after the surgery (longer periods may be specified depending on the site of your surgery). Avoid exposure of the surgery site to sources of potential dirty water such as lakes and swimming pools until the wound is completely healed.
- Elevate surgical site above the level of the heart as often as possible to minimize swelling, bleeding, pain and to improve healing. If the surgery site is on the face or head sleep with your head elevated on the unaffected side.

### **Pain Management-** to help control postoperative pain you can

- **Take Tylenol (Acetaminophen) Extra Strength** (500 mg): 1 tablet by mouth every 4-6 hours, not to exceed 6 tablets in 24 hours.

**OR**

- **Take Tylenol (Acetaminophen) Regular Strength** (325 mg): 2 tablets by mouth every 4-6 hours, not to exceed 10 tablets in 24 hours.

**AND**

- **Ibuprofen** (400 mg): 1 tablet by mouth 3 times a day
  - The addition of Ibuprofen to the Tylenol adds extra pain relief.
  - Avoid ibuprofen if you have cirrhosis of the liver, if you take a blood thinner or if you have had an allergic reaction to it.
- **Rest**
- **Elevate** the surgical site above the level of the heart.
  - If the surgery site is on the face or head elevate the head.
- **Ice** the area for 10-20 minutes, every 1-4 hours while awake. Apply on top of bandage, never apply anything frozen directly to the skin.

### **Daily Wound Care**

- Change the dressing daily using the following steps (the first time you will change your dressing will be the day following your surgery):
- Wash hands or wear gloves before each dressing change.
- We recommend that you take a shower with the old dressing in place so it is easier to remove.
- After removing the bandage: Wash area gently with gauze using soap and water. Cotton swabs can be used to help gently remove dried blood or crust by soaking them in water and gently rolling them along the surgical area.
- Blot the wound dry with gauze.
- Apply a generous layer of petroleum jelly (Vaseline), \_\_\_\_\_ to the incision site to keep the wound moist for optimum healing and ease of suture removal.
- Cover loosely with a dry sterile telfa pad or adhesive bandage large enough to cover the wound.
- Any products mentioned above are generally available in the first aid aisle of most larger pharmacies.

### **What you should expect after your surgery**

- Swelling, bruising, mild bleeding and pain. All of these items are normal.

### **What you should watch for after your surgery**

- Sudden or excessive pain
- Wound becoming progressively red, warm, swollen, painful
- Development of a fever of 101 degrees or greater
- Persistent bleeding
- The wound opening up

**If any of these things occur, contact our office at 316-682-7546 or 800-259-3591, 24 hours a day, 7 days per week**

Routine pathology testing usually takes about 2 weeks. Our office will contact you with pathology results approximately 2 weeks from the time your biopsy was done. If you have not received your pathology results within that time frame, please contact our lab and pathology department at 316-682-7546, option 5.

ALL PATHOLOGY SPECIMENS WILL BE PROCESSED IN-HOUSE, BUT MAY BE INTERPRETED BY AN OUT OF STATE BOARD CERTIFIED DERMATOPATHOLOGIST. YOU MAY RECEIVE A SEPARATE BILL FROM OUT OF STATE.

**If you have any questions or concerns, please call our office at 316-682-7546.**