

ICONIC DERMATOLOGY

AND COSMETIC SURGERY

GUIDE TO SURGICAL POST CARE

****For urgent matters related to your surgery after hours, please call the on-call provider, (772) 217- 5362 and push option 2. For non-urgent matters, you can call the office on the next business day****

**** If you are having a medical emergency that needs immediate attention or is life-threatening, please call emergency services and go to the nearest hospital ****

Please keep in mind, these are guidelines for different types of surgical procedures. You should follow the specific instructions your provider and our staff have given you at the time of your procedure.

TO MENTION:

Antibiotics: You will likely get antibiotic pills or an antibiotic ointment sent to your pharmacy. Your pharmacy should call you when your prescription is ready. If you do not hear from them by the next day, call our office at 772 217 5362.

Discomfort: For pain/discomfort in the post-operative period, you can take Tylenol (Acetaminophen) or Extra Strength Tylenol, as directed on the bottle. Avoid Advil or other NSAIDS as they can increase your risk of excessive bleeding.

Bleeding: It is not uncommon to have minimal bleeding in the postoperative period. A small amount of blood or fluid draining from the site can be expected. However, if the bandage is soaked with blood in the first 24 hours, press down firmly on the area for a full 20 minutes (do not stretch or pull on the area when doing this). If the bleeding continues to soak the bandage, call our on-call provider at 772 217 5362, option 2.

Activity: Refrain from smoking tobacco or drinking alcohol until you are fully healed. Studies show this improves scar outcomes and shortens healing time. Avoid bending, lifting heavy things, swimming or straining the area that was operated on until stitches are removed and the area has healed.

Signs of Infection: It is normal for your surgical site to feel mildly sore and appear red. However, the following would be signs of infection and warrant a phone call to our office and possibly a follow up visit for an evaluation in person.

- 1.The area is very sore, red, and/or hot to the touch
- 2.The area has swollen excessively.
- 3.You have developed a fever.
- 4.The wound drains green, tan or foul-smelling fluid

SECONDARY INTENTION (WOUND HEALING WITHOUT SUTURING) AND SUTURED CLOSURES:

- Keep the initial bandage on for 24 hours. Keep the area dry until the bandage is removed.
- After 24 hours, gently clean the area with mild soap and water.
- Apply a thin layer of Mupirocin or Vaseline ointment and cover with a Band-Aid. Do not use Neosporin.
- Continue this process daily until the area has healed (approximately 7-10 days). If needed, apply an ice pack to the surgical site for 10-15 minutes every hour after surgery. This will help reduce swelling and bruising. Make sure to avoid direct contact with the ice pack by wrapping a towel around it.

DELAYED CLOSURE/PLASTIC SURGERY or DERMATOLOGY

- Leave the initial dressing in place and keep the area dry until the day of the Surgical Closure appointment.

- On the day of the Surgical Closure, you may **clean the area gently with mild soap and water** and apply temporary new dressing before your appointment.

SKIN SUBSTITUTE AFTERCARE INSTRUCTIONS:

- Keep the initial bandage on for 24 hours. Keep the area dry until the bandage is removed.
- Please keep the bandage on for 6 days, or until the day prior to your next visit.
- Do not get the bandage wet. Keep it as dry as possible.
- The day before your next appointment, remove the bandage, gently clean the area with soap and water, then put on a dry bandage. At your visit, a provider will evaluate the wound and discuss next steps.

Tips for keeping your wound dry:

Please keep the bandage on for 6 days, or until the day prior to your next visit.

- For scalp wounds, use a waterproof shower cap when showering.
- For wounds on extremities, you can protect the bandage by using a glove/cast cover, plastic "Press and Seal" wrap (wrapped several times around the area), or a waterproof bandage.
- Make sure to remove the waterproof bandage right after the water activity but keep the bandage placed by our staff in tact.

AFTERCARE INSTRUCTIONS FOR SKIN GRAFTS:

Skin grafts involve taking skin from one part of the body and attaching it to another. They are used to repair skin after removing skin cancer or in areas that are too large to close with stitches. A dressing is often placed over the graft site for the first week to help the new skin heal properly.

The skin graft is under the tie-on dressing, covered with Telfa and tape. Your provider will remove the tie-on dressing about a week after surgery. The skin around the graft may be swollen and red during the first week. It takes 2-6 weeks for the graft to lighten in color. The donor site, where the skin is taken, is stitched closed with sutures and may appear pink or red with crusting.

At Home Wound Care

- After surgery, keep the top dressing (telfa and tape) in place for 24 hours. If it becomes loose, gently re-tape it before the 24 hours are up.
- After 24 hours, slowly remove the dressing. If it's crusted, use a gentle solution of half strength hydrogen peroxide (mixed with tap water) and Q-tips to remove the crust and moisten the bandage for easy removal.
- For the graft site, clean around the tie-on dressing with a moistened Q-tip and tap water, then dry thoroughly with Q-Tips. Apply a thin layer of Vaseline or Aquaphor around the edge and on top of the tie-on dressing. Do this twice daily.
- Cover lightly with Telfa or a nonstick bandage and tape in place. Avoid wetting or moving the tie-on dressing, as it secures the graft below. Keep the graft site dry.
- For the donor site, cleanse the sutures with tap water or half-strength hydrogen peroxide if there is crusting involved. Apply the mentioned ointment to sutures and cover with a bandage.
- You can shower and shampoo as long as you are careful to keep the water from forcefully striking the graft and donor site.
- Change the dressing after each shower and remember to clean your scissors with alcohol before each dressing change.

Thank you for trusting us with the management of your care. We take immense pride in ensuring each of our patients is empowered to better their health and healing. Do not hesitate to reach out with any questions you may have.