

Dermatology and Dermatological Surgery

ORLANDO
100 W. Gore St.
Suite #600
Orlando, FL 32806

METROWEST
7652 Ashley Park Ct.
Suite #305
Orlando, FL 32806

NEW SMYRNA BEACH
519 North Dixie Freeway
New Smyrna Beach, FL 32168
386-428-2223

OFFICE HOURS BY APPOINTMENT
(407)299-7333

POST OPERATIVE WOUND CARE INSTRUCTIONS

- 1. BLEEDING** Bleeding can occur following surgery. To reduce possibility of bleeding, the following instructions are given:
- a. Restrict activities today
 - b. Spend most of the day resting
 - c. If surgery was on the head, neck, or face:
 - i. Avoid stooping, bending, or heavy lifting today.
 - ii. Sleep with your head and shoulders elevated on several pillows.
- Should bleeding occur, apply firm contact pressure on the bandage for 20 minutes!! That will usually stop the bleeding. **IF BLEEDING IS NOT CONTROLLED AFTER PRESSURE IS APPLIED, PLEASE CALL OUR OFFICE AT (407)992-6543. THEY WILL PAGE A PHYSICIAN!**
- 2. SWELLING** Swelling occurs because surgery has caused a wound in your body reacts to that surgery. To reduce the amount of swelling that may occur:
- a. Apply and ice bag for 20 minutes. If you do not have an ice bag, a baggy filled with ice and wrapped in a thin towel will do nicely.
 - b. Keep your bandage dry.
- 3. PAIN** Pain, postoperatively, is generally light. In nearly all cases, Extra Strength Tylenol will relieve any pain you may experience.
- 4. INFECTION** Infection seldom occurs when wound care instructions have been carefully followed. Some signs of infection are increased pain, swelling, redness, or yellowish drainage several days after surgery.
- 5. WOUND CARE** Leave our bandage on for 24 hours.
- Clean the area twice daily with hydroden peroxide and apply Polysporin ointment.
- DO NOT let scab form. Keep the area moist with Polysporin ointment.
- Showering is permitted 24 hours after surgery. DO NOT go swimming or completely submerge the area in water until the sutures have been removed.