

Dermatology and Laser Institute of Colorado, P.C.
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Lone Tree CO 80124-2888

POST-OPERATIVE CARE INSTRUCTIONS

You will be going home with a band-aid or dressing covering your wound. This should be kept on until tomorrow morning. The bandage should be kept dry. Starting tomorrow, please follow the following wound care instructions twice a day:

1. Cleanse the wound gently with mild soap.
2. Apply a small amount of hydrogen peroxide with a Q-tip to the wound 1 time only 24 hours after the surgery to help remove any surface crusting. Do not pour hydrogen peroxide directly on the wound.
3. Dry the wound by patting with a clean cloth.
4. Apply a thin layer of Vaseline or any moisturizing agent.
5. Cover with a clean, dry band-aid or dressing.

You may encounter any of the following after surgery:

1. Bleeding. Blood-tinged oozing may occur after surgery. If saturation of the dressing occurs, apply another bandage on top of the first. If there is still bleeding, apply thirty minutes of constant pressure directly to the area. If bleeding does not stop after applying pressure, call the office.

To reduce the risk of bleeding, the following instructions should be followed:

- a. Limit activities for at least 24 hours.
- b. Keep the operative site elevated.
- c. If surgery was on the face, head, or neck:
 - i. Avoid stooping or bending
 - ii. Avoid straining to have a bowel movement
 - iii. Sleep with your head elevated on extra pillows.

2. Swelling. Swelling occurs because surgery has caused a wound and your body reacts to that injury. To reduce the amount of swelling that may occur:

- a. Apply an ice bag for 20 minutes each hour during the waking hours. If you do not have an ice bag, a “baggy” filled with cracked ice and wrapped with a thin towel will do nicely. A bag of frozen peas or corn also works well. Try to keep your bandage dry

3. Pain. Pain is generally slight after skin surgery. In nearly all cases, Extra Strength Tylenol will relieve any pain that you may experience. If you have had a larger procedure done, you may have been given a prescription for pain medicine. If you are experiencing severe pain, call the office.

4. Infection. Infection seldom occurs when the wound care instructions have been carefully followed. Signs of infection are: increased pain, swelling, redness, or yellowish drainage several days after surgery.

5. Scar. There will be a scar and redness in the scar after surgery. This will decrease as healing progresses but redness may last as long as six months. Everyone heals differently and the final scar appearance depends on the individual’s ability to heal. In other words, some scars heal and can hardly be seen while others become thick and/or tender. Because of the unpredictability in wound healing, the final appearance cannot be preoperatively ascertained and no guarantees can be implied or stated as to the final appearance of the scar. We do recommend that you return for follow up in the first few weeks to months after surgery. We commonly perform minor treatments after surgery (such as laser treatment, cortisone injection, or dermabrasion) to improve a scar’s final appearance.

Please call us immediately (720-344-5252) for any of the following:

1. Continued oozing or bleeding after application of 30 minutes of firm, constant pressure.
2. A red, swollen, draining, warm, or painful wound site, or fever greater than 100°F
3. Development of hives or rash.
4. Severe, unremitting pain.