

Post-Operative Wound Care Instructions

Supplies

1. **You will need:** (a) Non-adherent Dressing + Surgical Tape OR Band-Aids, (b) Q-Tips, and (c) Vaseline

Immediately Post-Operative

1. Leave the initial **pressure dressing** dry and in place for 48 hours.
2. If you have a **head wrap**, keep it in place for 24 hours.
3. Apply **ice packs** on/around the surgical site for the next 48 hours to help minimize swelling. Apply for 20 minutes at a time many times throughout the day during waking hours.
4. **Elevate** the surgical site as much as possible to prevent swelling.
5. **Heavy lifting, exercise, bending, or other strenuous activity must be avoided** until sutures are removed and/or the wound is healed. This will prevent bleeding and infections, but also improve the appearance of the scar.
6. **Alcohol** should be avoided for two days.

Wound Care - 48 Hours after Your Procedure

1. Remove your pressure dressing
2. **If you have sutures (stitches)** visible on the surface of the skin:
 - a. Clean the wound twice daily with gentle **soap and water**
 - b. Use **Q-tips** soaked in tap water to gently remove any crusted or yellow material that comes off easily.
 - c. After cleaning, apply a thick layer of **Vaseline** with a clean Q-tip
 - d. Cover wound with a **Band-aid** at all times
 - e. Continue wound care until sutures are removed
3. **If you have Steri-Strips**, keep them in place for 2 weeks. If they fall off sooner, proceed with wound care with Vaseline and Band-aids as per instructions if you had stitches.
4. Follow-up for suture removal or wound check as instructed at the time of your procedure.

Prescriptions

1. If you were prescribed an antibiotic or pain medication, take it exactly as directed per instructions on the bottle.
2. Often, no prescriptions are required after skin surgery.
3. You may take Extra Strength Tylenol (1-2 every 6 hours as needed) unless you have medical reasons not to.

Contact Our Office if any of the Following Occur

1. **Bleeding** which saturates your dressing (spotting of the dressing is to be expected). **To stop bleeding, hold continuous, firm pressure** over the area for at least 20 minutes without loosening pressure or removing the bandage. Please use a clock to time yourself. **If bleeding does not stop after the 20-minute period, contact us.**
2. **Fever** greater than 100° F or 38° C.
3. **Signs of infection** (redness, swelling, foul-smelling drainage, worsening pain or heat)
4. **Severe nausea, vomiting, or pain**

Please call our office during business hours (8–4:30 Mon-Thurs; 8-3:30 Fri) with any questions or to speak to a nurse.

For urgent issues that cannot wait until the next day, Dr. Fieleke can be reached after normal business hours at (816) 287-1528. Please allow up to 2 hours for Dr. Fieleke to return your call. For emergencies, go directly to the Emergency Room or call 911.