

# Comprehensive Dermatology Center PC

## What to Do After Surgery

### Immediately after surgery:

- When you get home after surgery it is best to put ice on your wound. Put several ice cubes in a baggie and place over the wound dressing. Leave the ice on the wound for five minutes and then remove for ten minutes. Continue this for a total of four cycles, which equals one hour. Repeat this process later in the evening before bed for a total of four cycles, which equals another hour.
- If the area starts to bleed, lie down and apply pressure with ice directly on the wound for 10-20 minutes. Then take the bandage off, clean the wound with peroxide, apply triple antibiotic ointment and a new bandage. If the wound continues to bleed follow the steps above and apply ice to the area.
- If after several cycles of pressure and ice the bleeding continues please contact our office for further instructions.
- It is best not to start any aspirin, alcohol, or blood thinner products for at least two days following your surgery. Although the wound is closed the area may still bleed through the closed wound.

### Wound Care:

- Following these directions will speed up the healing process and help prevent infection. About 1 in 100 wounds will become infected no matter what you or the doctor does.
- Wash the wound 2 times a day with hydrogen peroxide 3% or use liquid lever 2000 soap. Bubbling will occur when the hydrogen peroxide contacts the wound.
- After washing, apply triple antibiotic ointment to the wound and cover with a Band-Aid. Triple antibiotic ointment is an antibiotic ointment and is available over the counter without a prescription. Antibiotic ointments prevent infection of the wound and also keep the bandage from sticking to the wound surface.
- There is no problem taking a shower. Keep the wound covered when bathing and clean it afterwards as directed above.
- If your wound is on the scalp, it is not necessary to cover it with a bandage. Simply clean the wound as instructed above and apply triple antibiotic ointment. Shampooing the scalp is not a problem, but be gentle to the wound site.
- If the skin around the wound becomes red, swollen, and painful, you may have an infected wound. Call and make an appointment immediately. If a shave biopsy has been done it is normal to have redness around the edges of the wound. You should only be concerned if the redness is increasing.
- It is normal for the wound to drain small amounts of clear or red fluid. If the wound drains yellow-green fluid or pus call us immediately. Failure to call about an infected wound can have serious consequences.
- It is recommended not to swim for a week in chlorinated or other water no matter where the wound site is.
- Wound on the face usually heal in one to two weeks. Wounds on the arms, trunk and upper legs heal in about three weeks. Wounds on the lower legs, especially in people over forty, can take up to 3 months to heal.
- If you have any concern about your wound, please call Dr. Xue at 301.620.2188 or 301.869.2126.