

INSTRUCTIONS FOR SURGICAL PATIENTS

POST-OPERATIVE SITE CARE DISSOLVING SUTURES



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1. Restrict activities today.
2. You may take Tylenol or acetaminophen if needed for any discomfort you may have.
3. If your surgical site is located on your face or scalp, you may experience swelling in or around the surgical site. Surgical procedures performed on the scalp, forehead, eyelids, and upper cheeks are more likely to lead to swelling in the eye area or a "black eye". This swelling may appear immediately or up to several days after your procedure, and is normal and will typically resolve in several days. To minimize the possibility of this occurring, sleep with your head elevated on several pillows tonight and avoid stooping or bending. Using ice, as directed below, may also help.
4. If your surgical site is on your leg, especially the lower leg, you may have redness and swelling around the area. This can last for weeks and is normal. You can minimize this by keeping the area elevated as much as possible.
5. Swelling and pain can also be reduced by the application of an ice pack to the area for 15 minutes each hour until bedtime on the day of surgery. Ice cubes with a little water sealed in a Ziploc bag and wrapped in a towel work well and should be held on top of the pressure bandage that was applied in the office after your surgery.
6. The bandage placed immediately after the procedure may become spotted with blood. This is normal. If blood drips under the dressing, apply pressure directly to the dressing for 20 minutes without interruption. If the bleeding is not controlled after applying pressure, call the office at (407) 481-2620.
7. Wound care for this type of closure is slightly different. **After 24 hours, you may shower and remove the pressure bandage. A steri-strip or "butterfly" tape has been applied over the site. Do not remove this. It will slowly peel off on its own over the next few days. The wound should be kept clean and any crusting or scab around the edges of the site should be gently removed with hydrogen peroxide and a cotton swab. After cleaning, apply antibiotic ointment or aquaphor to the site and apply a new bandage to protect the area. This should be done until the wound heals completely, usually one week on the face and two weeks on other areas of the body. Do not swim or completely submerge the area until healing is complete as this increases the risk of infection.**
8. Because two layers of dissolving sutures have been used to close the surgical site, you do not need to return for suture removal. Your sutures will slowly dissolve under the skin over a period of weeks to months. **Please make sure you return for your follow up appointment as scheduled.**
9. If you have any questions or concerns, please call the office. The staff will be happy to answer any questions you may have