



POST-OPERATIVE INSTRUCTIONS

GREATER WASHINGTON DERMATOLOGY, PA/CAPITAL DERMATOLOGY, PA

WHAT YOU WILL NEED (all available from you pharmacy without a prescription):

1. Petroleum Jelly (Vaseline or similar)
2. Dressing to fit the size of the wound (gauze, telfa, bandaid, etc.) – enough for 14 days.
3. Mild soap (like Dove) and water

WHAT TO DO:

- Keep current dressing dry and in place for 24 hours
- After 24 hours you should clean and dress the surgical site once daily as follows:
 - a. wash with soap and water. Gently try to remove any loose debris on the surface using a gauze pad or Q-tip
 - b. apply a thin coating of petroleum jelly. We do not routinely recommend antibiotic creams as their risks outweigh their benefits based on most current studies and guidelines.*
 - c. Cover with a bandaid or gauze dressing.
- You may get the wound wet after the first 24 hours, but on finishing, be sure to re-dress the surgical site as noted above. *If the site has been closed with stitches, do not stretch or strain the area. Therefore, exercise which will stretch the skin in the surgical area is not recommended for at least 2 weeks, lest the wound be pulled open. For non stitched wounds, you may exercise after 24 hours.
- Remember to keep your follow-up appointment to have your stitches removed. Typically, stitches are removed as follows:

Face/ears	5-7 days after surgery
Scalp	~10 days after surgery
Neck	7-10 days after surgery
Trunk/extremities	10-14 days after surgery
Areas over joints	~14 days after surgery

- ➔ Signs and symptoms of infection are redness, swelling, pus-like drainage, fever/chills, or increased pain in the treatment site. If any of these occur, contact our office.