

DERMATOLOGY + PLASTIC SURGERY

For Your Best Self

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Care Instructions for Surgery Sites

After surgery, go home and take it easy. Elevate the area if possible. Leave the original bandage on until it falls off on its own. For pain, two Tylenol (acetaminophen) tablets every 4 to 6 hours are usually sufficient. The doctor may prescribe a stronger medication if needed. You can restart any medications you may have stopped 48 hours after surgery.

Wound care: Leave the original bandage on until your next visit. If the original bandage happens to fall off before returning for suture removal: Wash your hands first, then cleanse the wound using Hibiclens or antibacterial soap. Apply a layer of Vaseline jelly or prescribed ointment to the wound. Use a new tube of Vaseline. Cover with a fresh non-stick bandage, if possible. Repeat wound care daily. *If cannot cover, use ointment three to four times daily. *If skin strips are covering the wound, leave wound alone. The strips will fall off by themselves in 5-10 days.

It is okay to shower regularly as long as the wound is covered with waterproof dressing, otherwise wait 48 hours. Avoid submerging in water (no beach, pool, hot tub, or bath) shower only. Avoid exercise (weightlifting, running, tennis, swimming, etc) for two to three weeks after surgery. One week is adequate for facial sites. Exercise can cause increased bleeding and more scarring. Walking and normal daily activity is generally okay.

If bleeding occurs, sit still and apply firm continuous pressure and cold pack to the area for 30 minutes. Do not check during this time. If after this, there is still bleeding, call our office. It is normal for there to be some swelling, tenderness, and redness around the wound for the first few days. If there is increasing swelling, redness, or pain, or if there is pus draining from the wound, call our office at 321-241-1160.

Facial Sites:

While sleeping, keep your head elevated with extra pillows for the first night, and avoid sleeping on the side of your body on which you had surgery. Bruising or swelling may occur around the surgery site, especially around the eyes, and will eventually fade. To minimize this, avoid exercise, heavy lifting or straining for the first week.