



In Partnership With

**DERMATOLOGY +
PLASTIC SURGERY**

For Your Best Self

ANITA SALUJA, MD REBECCA NOVO, MD

A FOREFRONT PRACTICE

Akhil Gupta, DO

Things to Avoid:

- Aspirin and Ibuprofen for 7 days before and 2 days after surgery. Tylenol is recommended for pain.
- Alcoholic beverages 1 day before and after surgery.
- Stretching, bending, or physical activity that could strain the wound after surgery.
- Vigorous activity within 24 to 48 hours after surgery, especially if there is bleeding.
- Swimming in the ocean, pool, hot tub, using a spa, or taking a tub bath while sutures are in place.

Wound Care Instructions:

- Leave the dressing in place for 24 hours and keep it dry.
- Sleep with your head or surgery site elevated on 2 pillows to help reduce swelling for facial sites.
- For swelling or bruising, apply ice in a plastic bag on top of the dressing for 10 minutes on/10 minutes off for one hour, repeating 2–3 times a day as needed.
- Avoid showering the area(s) on the first day. You may shower the morning after surgery as long as the dressing stays on during the shower and is changed immediately afterwards. This is especially important for lower legs, as bacteria can run into the wound if left uncovered.

Beginning the day after surgery, change the dressing once a day until sutures are removed:

- Clean the wound with gentle soap and water. Gently pat dry.
- If steri-strips are present under the bandage, leave them intact and cover the wound with a band-aid or non-stick Telfa dressing secured with paper tape.
- Once steri-strips peel off, apply antibiotic ointment, Vaseline, or Aquaphor with a Q-tip over the sutures to prevent them from drying out.
- Cover the wound with a band-aid or non-stick Telfa dressing secured with paper tape.

Pain, Discomfort & Bleeding:

- It is normal to experience some discomfort, swelling, and bleeding after surgery. If pain persists and Tylenol is not effective, you may alternate Tylenol with Ibuprofen, though this may increase the risk of bleeding and bruising.
- Start with Tylenol, then take 1–2 Ibuprofen 3 hours later, then another Tylenol 3 hours after that, and so on.
- If pain is severe, call the office for prescription pain medication.
- If bleeding occurs, press clean gauze directly on the wound for 20 minutes with firm, continuous pressure. If this does not stop the bleeding, contact the office immediately or go to the nearest emergency room.

Follow-Up Appointment:

Be sure to schedule a wound check and/or suture removal appointment. Notify our office at 321-441-8332 immediately if the wound shows any sign of infection such as marked redness or drainage. For after-hours postoperative emergencies, contact Dr. Gupta directly.