

Skin & Laser Surgery Center, P.C.

Dermatology, Laser, Cosmetic & Mohs Skin Cancer Surgery

Post Operative Wound Care Instructions

1. Remove the original bandage or dressing after the first 24 hours of the surgery or as otherwise directed. After the initial 24 hours you may take a shower, swim, etc., but not prior to that time.
2. Change the dressing daily by following these steps:
 - a. Wash hands before and after each dressing change
 - b. Using your fingertips or a clean Q-tip, gently wash the wound with soap and water or with dilute **hydrogen peroxide**.
 - c. Pat the area dry.
 - d. Apply **Aquaphor Healing Ointment** or **Vaseline to Telfa** or any non-adherent dressing (available at most retail pharmacies) that is cut approximately the same size as the wound.
 - e. Place the Telfa covered with ointment over the wound and secure with paper tape.Repeat daily for 7-10 days or as directed to ensure the wound stays clean and moist this is important so a scab does not form and avoid infection.
3. For proper healing avoid the following:
 - Alcohol and aspirin (including baby aspirin 81 mg) and aspirin like products such as Ecotrin, Bufferin, Motrin, Advil, Nuprin, Aleve etc. for two days because they thin the blood and may cause bleeding. **Tylenol (Acetaminophen)** or **Extra Strength Tylenol** may be used for pain relief if needed. Take 1000mg every 6-8 hour depending on pain
 - If pain becomes unbearable please contact the office for more instruction.
 - Strenuous exercises, sport & physical activities such as heavy lifting, excessive bending, twisting, golfing, swimming, biking, running, & playing tennis, etc. should be avoided for approximately 2-3 weeks.
4. If your wound becomes red, warm to touch, painful or begins to drain; please contact the office or doctor immediately.
5. If bleeding occurs, **remove the dressing** and apply direct and constant pressure over the wounded area using gauze or a dry washcloth for 20 minutes. It is important that the amount of pressure used is constant and uninterrupted for that time. Once the appropriate length of time has elapsed and the bleeding continues, **contact Dr. Bajoghli at his direct number (703) 244-6377** and proceed to the nearest emergency room unless directed to do otherwise.
6. To help minimize swelling
 - Sleep with 2-3 pillows for the first few nights.
 - Ice the area using crushed ice over a small towel/wash cloth for 20 minutes on and 20 minutes off
 - Sleep on the unaffected side.
 - If procedure was done to an arm or leg keep elevated for at least 2 days whenever possible.Swelling of the area around the eye can happen if procedure is done anywhere above or around the eyes. That will swelling may continue and peak 2 days after the procedure but will subside.
7. Suture removal will be scheduled in 5 7 10 14 days.
8. If no sutures are placed it is important for you to make a **follow up** appointment in _____ weeks / months

Healing Process

During the healing process, you may notice some or all of the following:

- Swelling/discoloration/**bruising** surrounding the surgical site. This is particularly common around the eyes and the face. The bruising and swelling may spread to other areas (eg. opposite side of face where the procedure was done) but will subside and resolve over the next several days.
- Sensation of tightness as your wound heals. This is normal and will gradually subside.
- Redness/itching of the surgical sight and surrounding tissue. This is normal. Vaseline helps relieve itching.
- Sensitivity to temperature changes. This will improve with time but try to avoid temperature extremes.

Signs of Complications

- Severe pain with swelling that is not controlled with Tylenol may indicate bleeding under the skin
- Pain that worsens each day rather than improving may indicate another complication
- Severe itching with extensive redness may indicate infection or sensitivity to the dressing ointment or tape

Call our office immediately if you experience what you believe to be a complication as described.

Dr. Amir Bajoghli's direct number (703) 244-6377

1359 Beverly Rd 2nd Flr. Mclean VA 22101 (703) 893-1114
2200 Opitz Blvd. # 100 Woodbridge, VA 22191(703) 492-4140

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