



Wound Care Instructions:

The importance of postoperative care to your surgical site is very important and determines the success and cosmetic outcome of your procedure.

There are several things that can happen after surgery or a biopsy:

1. Bleeding. To reduce this possibility, practice the following precautions:

- Limit activities for at least 24 hours
- Keep the operative or biopsy site elevated (if appropriate)
- If you had surgery on the face, head or neck: avoid stooping or bending, straining to have a bowel movement and sleep with your head and shoulders elevated

Should bleeding occur, apply firm constant pressure on the bandage for 20 minutes.

2. Swelling: Swelling occurs because surgery has caused a wound and your body reacts to that injury. To reduce swelling:

- Apply an ice pack for 20 minutes each hour during the waking hours.
- Keep your bandage dry

3. Pain: Usually is slight. In most cases Extra Strength Tylenol will relieve any pain you may have.

4. Infection: This seldom occurs when the wound care instructions are carefully followed:

Once to twice a day:

- Wash your hands with soap and water and remove old dressings.
- Gently rinse the surgical or biopsy site with soap and water too.
- Pat the area dry with a clean cloth.
- Apply antibiotic ointment OR plain white petrolatum as directed. In general, topical antibiotics can lead to allergy and do not necessarily lead to superior outcomes.
- Cover with a clean, dry dressing.

Signs of infection include: Increased pain, swelling, redness or yellowish drainage beginning at least three days after surgery or a biopsy.

There will be a scar and redness in the scar after surgery. This will decrease as healing progresses, but redness should be expected up to 12 months in some cases. Everyone heals differently and the final scar depends on your ability to heal. Because the unpredictability in wound healing, the final appearance cannot be determined preoperatively or before a biopsy. Thus, no guarantees regarding final outcome can be given.