



Joshua E. Lane, M.D.

Tanda N. Lane, M.D.

Dermatology • Dermatologic Surgery • Mohs Micrographic Surgery (fellowship-trained) • Cutaneous Laser Surgery • Cosmetic Dermatology

INSTRUCTIONS FOR POST-OPERATIVE WOUND CARE

- Cleanse with hydrogen peroxide using Q-tips (minimum 3 times)
- Dry wound with Q-tips
- Apply polysporin ointment using Q-tips (do NOT use Neosporin)
- Cover with Telfa (non-stick dressing) cut to size of wound and non-allergic/paper tape
- Change dressing once daily

Notes:

- Do NOT allow the wound to get wet during the first 24 hours
- You may get the wound wet AFTER the first 24 hours
- Keep the wound covered at all times!
- If you wish to shampoo your hair, we recommend a mild shampoo (Johnson's baby shampoo)

Bandaging Supplies
- hydrogen peroxide
- Q-tips
- polysporin or Vaseline
- non-stick dressing (Telfa)
- gauze sponges (3x3 or 4x4)
- paper tape

Activities after surgery:

1. Decrease your overall physical activity, especially activities that pull or stretch your wound. Avoid any activity that may traumatize your surgical site.
2. Do not use alcohol for 2 days after surgery. Alcohol dilates your blood vessels and may increase your risk of bleeding.
3. Avoid lifting anything greater than 10 lbs. (4.5 kg) and do not bend down to lift.
4. For facial surgery, avoid bending down below your waist. Keep your head elevated with 1 to 2 extra pillows when sleeping or lying down.
5. For surgery on the hands, feet, arms, or legs, try to elevate the area as much as possible above your waist at rest.
6. For surgery on the lips, eat soft foods and avoid excessive chewing. Keep your lips well lubricated with petrolatum ointment.

Bleeding:

Bleeding after surgery rarely occurs; however, if it does, it usually occurs during the first 48 hours. Following the activity restrictions below will help to minimize your risk of bleeding. If you have any bleeding, please follow these instructions:

1. Lie down, elevate the area if possible and apply firm pressure to the site for at least 15 minutes. If a bulky dressing has been placed over the wound, it should be removed. If you are unsure, call Dr. Lane.
2. Direct, firm pressure should be applied for 15 minutes to the gauze or towel next to the wound. Do not stop lying pressure until 15 minutes have passed.
3. If bleeding continues after 15 minutes, remove the pad, change to a clean one and hold pressure for an additional 15 minutes. At this point, you should notify Dr. Lane for further instruction.

Contact your physician with any of the following:

1. Bleeding not controlled by direct pressure.
2. Pain that increases each day or is not relieved by recommended pain medications.
3. Rapid or increasing swelling within the wound.
4. Reopening of the wound at any time.
5. Increased redness, warmth or pain around the wound.

Please call with any urgent questions / concerns

Office: 706.322.1717