



## Post Operative Care (Wound Care)

### Day 1:

1. Leave the bandage on for 24 hours.
2. Limit activity for the first 48 hours.
3. If you experience pain, you may alternate ibuprofen and acetaminophen every 3 hours unless contraindicated. Do not take aspirin as this may increase bleeding.

### Day 2 and following:

1. Wash your hands and remove the bandage.
2. Gently clean the suture site with soap and water.
3. Blot the site dry with a clean soft cloth.
4. Apply Vaseline or Aquaphor using a q-tip. It is important to keep the site moist with ointment to avoid scab formation. This aids in the healing process and reduces scarring.
5. Apply a clean bandage.
6. Repeat process once daily.
7. Showering is acceptable, but avoid prolonged submersion of the site in water. If shaving, be careful not to shave over suture area.

**Return to the clinic in \_\_\_\_\_ days for suture removal or wound check.**

### What to do if:

- Bleeding:
  - Apply firm pressure to site for 10 minutes. If the bleeding does not stop, please call the clinic.
  - To prevent bleeding, avoid activity and straining. Keep the site elevated.

### What to watch for:

- Some redness, swelling and drainage at the surgical site are normal. These are expected. Signs of infection include increased pain or yellow/green drainage from the site.
- If you notice any of these signs, *call the clinic at (970)247-1970.*

**523 S. Camino del Rio  
Durango, CO 81303  
(970) 247-1970  
[www.durangodermatology.com](http://www.durangodermatology.com)**