

MacInnis Dermatology

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Surgery Post-Op Care Instructions

1. A tight dressing will be placed over your surgery site upon completion of your surgery. This dressing will stay on for **48 hours**.
2. It is best to rest the day of your surgery. You may return to work the next day or take up to 3 days off from work depending on the extent of the surgery.
3. Avoid getting your surgery site wet in the shower for **1 week or 2 weeks**. You may use over the counter water proof dressings to cover your surgery site to avoid getting it wet until your suture removal appointment.
4. Avoid excessive physical activity for 1-2 weeks following your surgery. This includes lifting greater than 10 lbs, bending, pushing, pulling, tugging or any activity that will raise your heart rate.
5. Avoid drinking alcohol for 5 days following surgery.
6. Apply ice pack (frozen peas work great) to your surgery site for 20 min every 2 hrs for the first 24 hours to reduce swelling. Do not put ice directly on the skin.
7. You may expect some discomfort or pain during the first 2 days following your surgery. Extra Strength Tylenol usually works well. In some cases, the surgeon may prescribe pain medicine. Avoid Aspirin, Advil, Motrin, Ibuprofen, or other anti-inflammatory products for 5 days if possible following your surgery. Be sure to check with the staff or your surgeon if you have specific questions regarding medications you take daily.
8. If you were given antibiotics, be sure to take them as prescribed.
9. Elevate the area that was worked on for several days after surgery.
- 10. After you remove the dressing, start to clean your wound twice daily as follows:**
Mix one part hydrogen peroxide with one part water diluted. You should use a Q-Tip to gently scrub along the sutures to remove any debris, crust, or scabbing. Apply either purple surgical pen (provided to you on your surgery day), Vaseline, Mupirocin, Bacitracin, or Polysporin to your surgery site twice daily after you've cleaned it well. Avoid Neosporin. A simple band aid dressing is fine at this point. ****purple surgical pen will stain clothing if not covered****
11. You may notice minimal bleeding or some blood on your dressing after you've removed it, and that's normal. But if the bleeding is heavy, please call our office. You may try to apply pressure to the area for 20 min, alternating with ice. If your surgery site is on the lower leg, immediately elevate your site, apply pressure and ice. If it continues to bleed heavy after hours, you need to go to the emergency room.

****If you have any questions or concerns, please call our office****