

DERMATOLOGY AND COSMETIC SURGERY CENTER, PC

POST-SURGICAL DISCHARGE INSTRUCTIONS:

Name: _____

INSTRUCTIONS FOR POST- OPERATIVE CARE:

Medication:

- Continue current medications as per attached list
- You may take 2 Extra Strength Tylenol caplets every 6 hours as needed for pain. Do not exceed 6 caplets in 24 hours, unless directed by your physician
- Additional medication: _____

Surgical Site:

- After surgery, apply ice 20 minutes on and 40 minutes off until bedtime.
- Keep surgical dressing dry for 48 hours. After 48 hours, gently remove pressure dressing from wound site. You may do so in the shower.
- Clean surgical site with soap and water. Pat dry.
- Apply Aquaphor or Vaseline to suture line. Cover with bandage.
- Repeat daily until sutures are removed. Wash hands with soap and water prior to each dressing change.
- Limit physical activity as directed by surgeon until sutures are removed.
- Resume your diet as pre-procedure.

PLEASE NOTIFY THE OFFICE IMMEDIATELY ABOUT:

- Excessive swelling or tenderness at surgical site.
- Redness extending beyond surgical site.
- Drainage from surgical site.
- Pain not relieved with Tylenol or prescribed medication.
- Bleeding not contained by pressure bandage. If bleeding should occur, lie down and apply firm pressure to the surgical site for 15 uninterrupted minutes. If bleeding continues, call office immediately.

AFTER HOURS EMERGENCIES: CALL (412) 429-0276

If indicated, pathology will be reviewed at suture removal.

Suture removal: _____ **days. Suture removal date:** _____

Physician: _____ **Date:** _____

Patient: _____ **Date:** _____

Nurse: _____ **Date:** _____