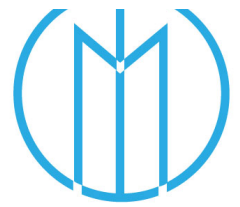


Post-operative Wound Care Instructions

Steri-strips



Metrolina Dermatology
and Skin Surgery Specialists

For the first 24 hours after surgery:

1. Go home, take it easy. Minimize exertion. Do not do anything that requires you to bend, strain, or lift.
2. Do not remove the pressure bandage that was applied to your surgical site. ****Keep dry for 24 hours****
3. Keep the pressure bandage/surgical site dry
4. Icing instructions: apply **ICE** to the area, 15-20 minutes every hour until bedtime for 2 days (48 hours)
 - Ice will help reduce pain and swelling
 - A bag filled with crushed ice and wrapped in a thin towel or frozen peas/vegetables works well

Starting 24 hours after surgery, ONE TIME DAILY

After 24 hours, you may shower regularly at this point and allow the wound to get wet.

1. Wash your hands with antibacterial soap and water before changing the bandage
2. You may shower with the steri-strips, but be gentle washing around the steri-strips.
3. Pat your steri-strips dry
4. Cover the site with a clean non-stick pad/bandage (such as Telfa) and secure with paper tape
5. Repeat this daily until the steri-strips fall off, anywhere between 5 days -2 weeks after surgery. If they have not fallen off by 2 weeks, you can gently peel them off from the side toward the center.
6. **DO NOT PULL, TUG, OR RUB** the steri-strips before 14 days. Each day, you may trim the ends that are curling up.
7. Sunscreen and make-up can be applied to the surgical area after bandaging ends (typically 7-124 days)

For PAIN: Take 1-2 Extra Strength Tylenols or, if given, the prescription pain medication as needed. Do not take any aspirin for at least 48 hours (unless prescribed by your doctor) as these may cause bleeding. Minimize alcohol intake for 24 hours.

For BLEEDING: If bleeding occurs following surgery, apply constant pressure on the bandage for 20 minutes! That will usually stop minor bleeding. If the bleeding does not stop, notify our office immediately! If the bandage is saturated it may be replaced

For SWELLING: Swelling occurs because of injury to the skin. Using ice packs for the 48-72 hours will help reduce swelling. Swelling at the site may take 3 months for **final** resolution (the length of time it takes for the buried sutures to dissolve)

For Infection: Infection seldom occurs if following wound care instructions. Look for the following signs of infection: **Increased pain, increased swelling, increased redness, warmth of the skin, or excessive yellowish drainage several days after surgery.** Call the office immediately if any of these symptoms occur.

* Note: some pain, swelling, and redness is normal after surgery. If they continue to persist and/or increase, call our office.

Activity:

- Limit all activities for the first 24 hours and limit strenuous activities for the first 2 weeks following surgery. Limiting activities will help in the healing of your scar and cosmetic outcome.
- Keep the operative site elevated (if appropriate)
- If your surgery was on the face, head or neck: avoid bending or heavy lifting and straining, and sleep with your head and shoulders elevated on extra pillows
- If your surgery was on the lower leg: while elevating your leg, place a pillow underneath your knee to help alleviate pressure on your surgical site.

***** In Case of Emergency or Uncontrolled Bleeding, please call the office for instructions on how to reach Dr. Haberle *****