



## **Sutured Wound Care**

- No strenuous activity for 48 hours. Resume moderate activity in 48 hours. No heavy exercising until you are seen for follow up in one week.
- If you require medication to control pain, you may take extra strength Tylenol.
- Do not drink alcoholic beverages for 48 hours.
- No dietary restrictions.
- Keep the pressure bandage in place for 24 hours. If the bandage becomes blood tinged or loose, reinforce it with gauze and tape.  
(Refer to the reverse side of this page for management of bleeding).
- Remove pressure bandage in 24 hours
- Leave the flat bandage in place until your follow up appointment.
- Keep the bandage dry. Wash around it carefully.
- If the tape becomes soiled or starts to come off, reinforce it with additional paper tape.
- Do not smoke for 3 weeks; smoking is detrimental to wound healing.
- It is normal to have swelling and bruising around the surgical site. The bruising will fade in approximately 10-14 days. Elevate the area to reduce swelling.
- Numbness, itchiness and sensitivity to temperature changes can occur after surgery and may take up to 18 months to normalize.

***In case of emergency phone: (862) 209-0873***



## THE DERMATOLOGY CLINIC

### **POSSIBLE COMPLICATIONS**

#### **BLEEDING:**

1. Leave the bandage in place.
2. Use tightly rolled up gauze or a cloth to apply direct pressure over the bandage for 20 minutes.
3. Reapply pressure for an additional 20 minutes if necessary
4. Call the office or go to the nearest emergency room if pressure fails to stop the bleeding.
5. Use additional gauze and tape to maintain pressure once the bleeding has stopped.

#### **PAIN:**

1. Post operative pain should slowly get better, never worse.
2. A severe increase in pain may indicate a problem. Call the office if this occurs.