



MARK GARCIA
DERMATOLOGY

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SURGICAL CARE

Leave bandage in place for the first 24 hours.

The day after surgery remove the dressing and clean the site with a 50/50 mixture of hydrogen peroxide and water. Pat over surface gently. Do not rub as that may irritate the area. When the hydrogen peroxide foams it is not a sign of infection, only that it has come in contact with open skin.

FOR SURGICAL SITES WITH STITCHES- Continue cleansing daily with the hydrogen peroxide and water for five days. Pat dry or use hair dryer on cool setting to be sure no moisture is left. **DO NOT SHAVE OVER STITCHES.**

FOR BIOPSY SITES THAT HAVE NO STITCHES- Use the hydrogen peroxide/water mixture for the first 5 days only. Hydrogen Peroxide may slow the healing process if used for a longer period of time.

FOR ALL SITES- Apply a thin film of Aquaphor Ointment or Vaseline Petroleum Jelly to wound. This will prevent a thick scab from forming and allow for faster healing. Neosporin may be used if there is no allergy to it.

A light bandage (Band-Aid, 4x4 or Telfa) is all that is needed to cover the site. You may leave the bandage off if staying indoors and not around a dirty environment. Cover with a bandage when outdoors. Should you have problems with an allergic reaction to the tape, leave bandage off or try gauze and paper tape.

You may begin bathing or showering the next day when the dressing is removed. Avoid soaking the site in water for a prolonged period of time.

No make-up should be applied to the site until it has completely healed.

Pain- For mild discomfort, take Tylenol or acetaminophen as directed on the bottle. Aspirin or ibuprofen may prolong the bleeding and should be avoided. Significant discomfort or pain should be reported to our office.

Bleeding- You may expect a small amount of blood on the dressing. Should the dressing become soaked in blood, remove the dressing, and check the site. Do not disturb any clots that may have formed. If there is a continuous trickle of blood, apply a cool, wet gauze or washcloth to the area and apply continuous pressure for 5 full minutes. Time this by the clock. Should the trickle continue, repeat the application process for another 5 full minutes. Should the bleeding continue, contact our office at **918-922-9779**, or go to the Emergency Room for treatment.

- The stitches will be removed as discussed.
- You may call for a pathology report in 7-10 days. Otherwise, the report will be given at the suture removal appointment. The front office will take your message and the Nursing Staff/MA will return the call. The return calls are done between or after seeing patients for the day. It may be that evening or even the next day before we are able to contact you. Please be patient, we will answer your call as soon as we possibly can.

“DEEP” STITCHES- Your surgical site may have required “deep” stitches. This type of stitch is designed to dissolve over time. On occasion this process does not occur and the stitch shows on the surface of the skin. **DO NOT PULL OR REMOVE THE STITCH.** Call the office for an appointment for the surgical site to be evaluated.