

# A<sup>to</sup> Dermatology

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## Special Instructions:

- Limit activities for 48-72 hours. Do not participate in strenuous activities while healing for 2-3 weeks following surgery. This could increase your risk of infection, worsen scar appearance and delay healing time (strenuous active does include exercising or lifting).
- After the first few days following surgery a small amount of blood may ooze from the surgical site and will be noticeable under the bandage. If blood is contained within the waterproof layer and not actively leaking or draining. Schedule a bandage change during normal business hours at (480) 982-3337.
- If profuse bleeding occurs: Apply constant, firm pressure for 25 minutes. If bleeding continues contact the office (480) 982-3337 during regular or after business hours.
- Take extra strength Tylenol if pain is present. Do not take aspirin or ibuprofen products due to increased bleeding risk.

There will be a scar and redness in the location after surgery. This will increase as part of healing progresses, but redness is expected for as long as six months to a year. Everyone will heal differently, and scarring appearance depends on the individuals' ability to heal. Some scars heal and can hardly be seen while other scars may become thick or tender. Due to unpredictable nature of wound healing the final appearance can't be predicted. Therefore there are not guarantees that are implied or stated as to the final appearance of the scars.

**For further questions, please call our office (480) 982-3337.**