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WOUND CARE INSTRUCTIONS

Please leave the initial dressing on for the first 24 hours after surgery. Keep this dressing clean and dry. After 24 hours you will start daily dressing changes.

The goal is to keep the surgical site **CLEAN, MOIST, and COVERED** until you return for your surgical follow-up appointment, or as long as otherwise instructed.

- Remove the dressing.
- Clean the surgical site gently with soap and water, using a cotton swab or clean finger tips.
- Gently pat the area dry with a clean towel or gauze.
- Apply a bland ointment, such as petrolatum jelly (Vaseline), A&D ointment, or Aquaphor Healing ointment (an over-the-counter ointment made by Eucerin).
- Cover the site with non-stick/non-adherent gauze and paper first-aid tape. You may be able to use pre-made bandages, depending on the size of the surgical site.

NOTE:

Topical antibiotic ointments are not necessary and can cause irritant and/or allergic reactions. If you only have Bacitracin, Neosporin, or triple antibiotic ointment available, then you can use it, but discontinue if irritation, rash or itching develops and switch to a bland ointment, as suggested above.

It is not advised to use either hydrogen peroxide or alcohol on a healing surgical wound unless a crust or scab develops, which should not happen if the above instructions are followed. Do not use hydrogen peroxide on a wound without sutures, unless instructed to do so.

If you develop soreness or pain use Tylenol/acetaminophen and ice packs.

Please avoid other pain relievers, such as Advil, Ecotrin, Bufferin, Aleve, Motrin, Excedrin etc., and alcohol for at least three days post-operatively, as they can thin the blood resulting in significant bleeding.

*****If you take aspirin, Coumadin, or Plavix as directed by a physician, do not stop these medications.*****

Avoid all exercise and strenuous activity, for at least one week post-operatively, or longer if instructed by the physician. Partaking in exertional activity too soon after surgery can result in pain, swelling, bleeding, bruising, a higher risk of infection and a poorer cosmetic result.

If you develop bleeding, do not remove the dressing. Apply firm pressure over the area for 20-30 minutes using a dry towel or washcloth. It is essential to hold continuous pressure for at least 20 minutes in order to allow the blood to clot and the vessels to seal. Reinforce the dressing with additional gauze and tape once the bleeding has stopped.

If you cannot stop bleeding after 30 minutes of continuous pressure or if the wound becomes increasingly painful, warm or begins to drain please call the office that you were seen.

Feel free to call with other questions or concerns.