

# Dermatology Surgical Post-Op Instructions



The healing process after surgery requires both time and patience. Your active participation in the post-operative care plays a major role in the cosmetic outcome of the surgery. If you have any questions, please call the office at (970) 242-8177.

- You will be sent home with a wound dressing. Remove the dressing in 24 hours unless specified otherwise.
- Clean wound with soap and water daily using only your fingertips. Do not pick at the sutures.
- Apply petrolatum ointment (Vaseline, Aquaphor) to the wound twice a day. Moist wounds heal better than dry crusty scabs.
- There should be only minimal discomfort. Alternate taking Acetaminophen or Ibuprofen if you are experiencing pain.
- If the site becomes swollen, hot, or tender, these may be signs of infection. If you are concerned there could be an infection, please call the office.
- No strenuous exercise for two days after the surgery. This is to prevent any complications caused by bleeding from the healing tissue.
- No heavy lifting while the sutures are in place. Your muscles are stronger than the sutures, additional tension could cause the wound to come apart and delay healing.
- Keep the wound out of the sunlight. This will help improve healing and cosmetic outcome.
- Failure to remove the sutures in a timely manner could result in complications. Please return for suture removal as scheduled.
- After the sutures are removed, it is encouraged to use silicone gel to improve the appearance of the scar.

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