

PATIENT INSTRUCTIONS FOR WOUND CARE

1. Your surgical wound will be covered by a pressure dressing. Remove pressure dressing after _____ hours. Try not to get the pressure dressing wet during this time period. You may shampoo/ shower like normal after this period of time.
2. Your wound may begin to drain fluid or bleed within the first few hours of surgery. If this occurs apply direct pressure to the bleeding site with a clean dressing. Keep constant pressure on the site for 15 minutes.
3. Try not to be alone for the first 24 hours after surgery.
4. **DO NOT** take aspirin or other blood thinning pain medications such as: Ibuprofen, Advil, Aleve, Excedrin, Bufferin, Empirin, Anacin, Alka-Seltzer and many cold medicine pills.
5. If you have discomfort following surgery, take Extra Strength Tylenol or _____ with food. Prescription pain medication may cause constipation.
6. **Rest.** Avoid strenuous exercise, swimming, bending, straining, stooping, or lifting of heavy objects until sutures are removed. These activities may cause bleeding at the wound.
7. Keep your wound elevated above your heart. Sleep with 2-3 pillows.
8. Apply **ice** pack for 10-15 minutes of every hour while awake for 2 days.
9. Change the dressing _____ daily, beginning _____ hours after surgery. Make sure to clean surgery site and change dressing after you shampoo/shower.

Follow this Procedure Cleaning Surgery site and Changing Dressing:

- a. Wash your hands well with soap and water then remove dressing.
 - b. Gently clean area with Q-tips which have been moistened with mild soap and water. Once area is clean dry area with Q-tip or by gently patting dry.
 - c. Gently apply a thick layer of Petrolatum Ointment (Vaseline) or Aquaphor to the wound with a Q-tip.
 - d. Cover wound with a band aid or a non-stick Telfa dressing / non-adhesive pad and paper tape or other dressing if provided by your doctor. Keep the dressing dry. If it gets wet change the dressing.
 - e. **DO NOT** let a scab form or leave it open to air. Area must be kept clean, moist, and covered until next visit.
10. If you have any problems or require additional information call 952-920-3808 and ask to speak to Dr. Bhardwaj's Nurse (the Mohs department is closed on Fridays). We may be performing surgery so we may not be able to return your call until after 4:00pm. We greatly appreciate your understanding. If your call is urgent, such as bleeding, pain, or infection, please ask to speak with a Mohs nurse as soon as possible.