



Post-Surgical Care

1. Keep the dressing on for 48 hours. Keep the dressing dry.
2. Clean the surgical site with saline solution or soap and warm water. Do not let crust form. Do not use Hydrogen Peroxide.
3. Apply a thick layer of White Petrolatum Ointment to cover the surgical site then apply a non-stick telfa dressing and tape it down with paper tape. You can also cover the surgical site with a regular band-aid if it is large enough to cover the entire surgical wound.
4. Wound care should be done once a day until your suture removal appointment or wound is completely healed.

*****If the surgical wound is on an extremity (arm, leg), use a compression dressing over the surgical dressing such as an ace-wrap or compression stocking. Wear this 24 hours/day.**

GENERAL INSTRUCTIONS:

- Do not exercise.
- Do not lift anything heavier than 10-pounds.
- Do not swim.
- Do not bend over.
- If surgery is on the **face**, do not shave over sutures.
- If surgery was done **above the neck**, sleep with the head of the bed raised (30 degrees) for the first 48 hours.
- If surgery was done on an **extremity**, try to elevate the extremity above the height of your heart whenever possible.
- Apply an ice bag on top of your dressing for about 5-10 minutes every 2-4 hours for the first 48 hours. Some swelling and bruising is expected during the first few days after surgery.
- If bleeding occurs, apply direct pressure to the dressing for about 15 minutes. If bleeding does not stop, please call us: **360-254-5267**.
- Take acetaminophen (Tylenol) according to package directions. Do not take any Aspirin, Ibuprofen or Naproxen until 4 days after Surgery.
- **If you develop: excessive swelling, redness, tenderness, foul smelling drainage, green or yellow discharge around the surgical site or a fever (temperature more than 101.0 F), please call us Immediately: 360-254-5267.**

Pathology Results:

We will contact you with your pathology results in 10-14 days. All lab fees are billed separately from the office or procedure visit. These charges will be billed directly to you and/or your insurance by the designated laboratory. For pathology specimens, the laboratory used is CTA in Tigard. If you have questions or concerns about your lab bill, you must call the lab directly.

The pathology exam is a separate charge from the surgical procedure. Sometimes an additional dermatopathology consultation required to ensure diagnostic accuracy. If a second diagnostic opinion is required, there may be additional fees for another independent pathology exam.