

Post-Surgical Care Handout

Post-Surgical Care – for use with surgical excision appointments

- Keep the dressing on for 48 hours. Keep the dressing dry.
- Clean the surgical site with soap and warm water, or saline solution. Do not let crust form. Do not use Hydrogen Peroxide.
- 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.
- Wound care should be done once a day until your suture removal appointment, or until 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
- If surgery was on the **face**, do not shave over the sutures
- If surgery was done on an **extremity**, try to elevate the extremity above the height of your heart whenever possible
- Apply an ice pack on top of your dressing for about 5-10 minutes, every 2-4 hours, for the first 48 hours. Some swelling and bruising are expected during the first few days after surgery.
- If bleeding occurs, apply direct pressure to the dressing for 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 four (4) days after surgery.
- Do not swim
- Do not bend over
- If surgery was done **above the neck**, sleep with the head of the bed raised (30 degrees) for the first 48 hours

If you develop any of the following symptoms, please call us immediately: 360-254-5267:

- Excessive swelling at/around surgical site
- Foul smelling drainage from surgical site
- Redness at surgical site
- Green or yellow discharge around the surgical site
- Tenderness at surgical site
- Fever (temperature more than 101.0 F)

Pathology Results:

We will contact you with your pathology results within 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 is required to ensure diagnostic accuracy.

If a second diagnostic opinion is required, there may be additional fees for another independent pathology exam.