

## *Care After Your Procedure*

1. The bandage applied should remain in place for the first 24-48 hours. KEEP THE BANDAGE DRY IF AT ALL POSSIBLE. Bathing is permitted as long as the bandage is kept dry.
2. Remove the bandage or dressing at 24-48 hours after applied, and rinse the surgical site using soap and water, rubbing gently with your fingertips. If the bandage or dressing is adherent (sticking) to the surgical site, soak the bandage in clear tap water; either by immersing in water or taking a shower, and gently apply pressure to remove.
3. Twice daily thoroughly clean the wound by sponging with soap and clean tap water (or sterile saline). Rub your fingertips gently over the surgical site to aide in cleaning. After each cleansing apply a coating of POLYSPORIN, BACITRACIN or VASELINE ointment and then cover with a clean bandage. The surgical site should be kept moist with antibiotic ointment, as this speeds healing and minimizes scarring. TRIPLE ANTIBIOTIC OINTMENT OR NEOSPORIN OINTMENT CAUSE ALLERGIC REACTIONS AFTER REPEATED USE IN MANY PEOPLE BECAUSE OF ALLERGY TO NEOMYCIN.
4. (a) Adequate cleansing as described above will keep a thick scab from forming. A thick scab will impede wound healing. Undiluted hydrogen peroxide and alcohol can also slow healing.  
(b) Wounds should be kept covered. Scalp wounds may be left uncovered after the first 24-48 hours if sufficient hair is present to prevent tape from sticking, but keep the surgical site moist as described above.
5. If signs of infection (severe inflammation, redness, warmth, tenderness, or red streaks), temperature greater than 100 degrees (FEVER), severe nausea or vomiting should occur, call the doctor's office immediately at 574-522-0265.
6. It is common to experience a moderate amount of stinging or pain at the surgical site as the nerves are regenerating. EXTRA STRENGTH TYLENOL MAY be taken as needed. Ibuprofen can worsen bleeding for the first few days, so acetaminophen is preferred unless you have a medical contraindication.
7. It is common to experience a small amount of bleeding following surgery. If bleeding occurs, take a clean DRY washcloth and hold continuous firm pressure on the surgical site for 20 minutes. After 20 minutes, remove the washcloth to determine if bleeding has stopped. If bleeding persists, repeat this step and phone the doctor immediately.
8. Try not to apply cosmetics, make-up removers, sunscreen, or moisturizers to the areas until they have no scab. No swimming is permitted while the stitches are in place.
9. Scars left behind will look red and puffy for the first 30-90 days. Scars may even appear purple in color. Mother nature will dramatically improve the appearance of scars in the months after surgery, and scars will continue to improve for up to a year.
10. **After Stitches are Removed** (if you had sutures):
  - a. In most cases you are done taking care of the surgical site after the stitches are removed.
  - b. If steri-strips are applied over the surgical site, these fall off on their own in 3-5 days. While the steristrips are in place you may leave the surgical site alone. When the steristrips fall off wash the site gently every day until no scab remains.
  - c. The surgical site is still healing, even after sutures are removed. Be gentle to the site and avoid direct tension if possible.
  - d. Please be aware it takes several months for the healing process to be completed by the body. If your goal is to minimize the size of the scar, make sure you put minimal stress on the skin around the scar for up to three months.
  - e. Vitamin E topically or Mederma are recommended to improve the scar appearance.
11. If at any point you need to speak to the doctor outside of office hours the home and alternate numbers are (269)414-4038 and (574)226-3884.
12. Your success is our desire at DermacenterMD. We understand surgery of the skin is not what one would choose, but often what is required. Our team strives to make your experience the best it can be. We appreciate your trust and value your relationship with our team.
13. We look forward to seeing you at your follow up visit to check the site and evaluate any other areas of concern. BEST WISHES!

• Mohs

• Botox

• Restylane

• Aesthetics

• Chemical peels

Visit our website at [www.DermacenterMD.com](http://www.DermacenterMD.com)

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