

After your Skin Surgery

SURGICAL SITE SORENESS

It is normal to have soreness around the site once the local numbing has worn off. Please avoid using Motrin, Advil or other anti-inflammatories that will thin your blood causing more bleeding. You may use Tylenol if needed. But there will be very little to no active pain

ELEVATION

If the procedure was on the hand, arm, foot or leg, please elevate that area each day as much as possible for the next 3-5 days to help prevent swelling.

MEDICATIONS

Do NOT discontinue your aspirin or blood thinners if they were prescribed to you by your doctor or cardiologist. For Mortin, Advil and anti-inflammatories that are over the counter, you may resume these medications 2 days after your surgery. You may continue your normal medication routine for all other medications not listed immediately post surgery unless directed otherwise.

RECOVERY

Please avoid the following activities:

- Avoid alcohol for two days following your surgery
- Avoid any heavy lifting, abrupt movements, or heavy exercise until the stitches have been removed
- Do not take a bath
- Do not leave your bandages wet or soiled

BANDAGES

After your surgery, you will have a bandage that will stay on until the stitches are removed. You may shower. Do NOT get your bandage wet during your shower. Please keep the body part that was operated on away from the direct stream of water from the showerhead. If the bandage starts to peel off, gets wet or soiled, please call the office.

IF YOU HAVE ANY OF THE FOLLOWING SYMPTOMS:

- Fever
- Redness with red lines extending away from the wound
- Severe pain
- Light yellow pus draining from the wound

Please call the office:

415-989-9400 (ext 4) on weekends and after hours

415-225-8127 Monday - Friday 8am-4:30pm

You may also email visit@450derm.com