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MAJOR SKIN SURGERY POST-OPERATIVE INSTRUCTIONS

The purpose of these instructions is to minimize the chance of bleeding, infection, and scar formation after surgery.

1. Do not drink alcohol (including beer and wine;) it thins the blood.
2. Do not take aspirin-containing products (Alka Seltzer, Anacin, Exedrin;) they thin the blood.
3. Do not take ibuprofen-containing products (Motrin, Nuprin, Advil;) they thin the blood.
4. DO take TYLENOL if a pain-reliever is required.
5. Do rest quietly at home for the remainder of the day.
6. Do not engage in major physical activity (eg. sports) while sutures (stitches) are in place.
7. Do not stoop or bend for 24 hours after facial surgery.
8. Do avoid excess talking or chewing after facial surgery (except when on the forehead.)
9. Beginning day after surgery, follow instructions for "Daily Wound Care with Stitches"
10. Keep the dressings dry. You may shower 48 hours after surgery. Leave the old dressing on while you shower. When you come out of the shower, take the old, wet dressing off and replace it with a dry, clean bandage.
11. Avoid touching the area; the stitches are very delicate.
12. Suture removal: you must have the sutures removed when the doctor recommends. If removed too early, the wound can open. If removed too late, increased scarring may result. Sutures must be removed in the doctor's office; under no circumstances should the sutures be removed by anyone else.
13. Feel free to call our office at any time to ask any questions about your surgery or convalescence.

WHEN TO CALL THE DOCTOR:

1. If the wound bleeds after surgery, apply constant pressure for 15 minutes with cotton or a tissue. Afterwards, if the bleeding does not stop, call the doctor.
2. If the wound swells after surgery, call the doctor.
3. If severe pain occurs after surgery, call the doctor.
4. Infection is seldom a problem, but will be indicated by increasing tenderness, swelling, or pain beginning 2 or 3 days after surgery and perhaps associated with some discharge. If this happens, call the doctor.
5. The doctor can be reached 24 hours a day. Just tell the answering service that you need to speak to the doctor.