

Capital Dermatology
Phone (703) 370-0073
Post-Surgery Instructions

1. The initial bandage should not be removed until the following morning after the surgery. The area should also remain dry.
2. You should avoid bending over for the first 24 hours. Squatting is the preferred method for picking up dropped items as bending is the most common cause of post operative bleeding.
3. If the bleeding occurs, keep constant pressure on the area for 15 minutes. If the bleeding does not cease, you should call the office. Avoid aspirin and aspirin containing products for 48 hours after the surgery. Avoid alcohol for 24 hours after the surgery, aspirin and alcohol can cause bleeding.
4. If your wound is on a limb, you should keep it elevated as much as possible during the first 24 hours after the surgery. If the wound is on your leg, you should stay off your feet as much as possible. Prolonged walking or standing can hinder the healing process.
5. Avoid exercising while the sutures are in place. Exercising may cause the stitches to break and/or make the scar even bigger.
6. Take Tylenol or Extra Strength Tylenol for pain. If you experience severe pain please call the office.
7. Applying ice every 2 hours for the first 24 hours (while awake) will help decrease any bruising and/or swelling that may occur and reduce any discomfort you may have. You do not have to ice the area but it may help during the first 24 hours. If the wound is on the face, it is possible you may get a black eye. This will take up to a week to disappear.
8. The morning after the surgery you may remove the initial bandage and get the area wet, unless directed otherwise.
9. Change the dressing daily using the following steps:
 - a. Wash hands before and after each dressing change.
 - b. Remove old bandage from the first dressing change. You may want to shower with the old dressing so it is easier to remove.
 - c. Wash the area gently with gauze and hydrogen peroxide to remove any crusting along the suture line/wound. If you had a skin graft, follow the instructions the physician or attending nurse gave you.
 - d. Dab the area with dry gauze.
 - e. Apply Vaseline to keep the wound moist for better healing.
***Please do not apply the Vaseline the morning of your suture removal.
The sutures will be harder to remove.***
 - f. Keep the area covered for the entire time you have sutures. This helps reduce any scarring that may occur and accelerates the healing process.
10. It may take up to 3 months for the area to be completely healed. If you have any questions or problems please call the office.
11. Please make a follow-up appointment in 4 months for a routine check-up. It is imperative that all skin cancers and irregular moles be followed up 4 months after the procedure.