What You Will Need
• Ointment such as Polysporin, Neosporin, Bacitracin, Vaseline, or Aquaphor (available over the counter)
• Gauze padding or bandage and tape (available at pharmacies or drug stores)

Taking Care of Your Wound
• Keep the bandage in place for 48 hours. Do not get it wet. If the bandage gets wet, remove it and apply ointment and a fresh bandage.
• For at least 48 hours, avoid bending, lifting, and any activity that would increase your heart rate or blood pressure. Avoid any movements that may cause tension or tightness in the wounded area.
• After 48 hours, do the following every day for one week:
  1. Remove bandage.
  2. Wash hands.
  3. Wash wound gently with soap and water.
  4. Apply new ointment and bandage.
  5. Wash hands.
• After one week, use ointment only (no bandage) once or twice a day until you heal.
• You may get your wound wet after two days. Do not soak it in a tub, swimming pool, or hot tub for at least two weeks.

More Information
• Bleeding – If you bleed through the bandage, leave it in place and put firm and constant pressure on it for 15 minutes. If the bleeding does not stop, call your doctor or nurse.
• Stitches – If your stitches are near your mouth, eat soft foods and chew as little as possible. If your stitches are on your face, sleep with your head above your heart for the first two nights (try using two pillows or sleeping in a reclining chair). If your stitches are somewhere else, keep the area elevated if possible.
• Pain – Take acetaminophen such as Tylenol or Extra-Strength Tylenol for pain relief. Do not take aspirin or ibuprofen unless your doctor tells you to. Apply an ice pack for 10 to 15 minutes every hour. This will help with pain and swelling.
• Bruising – There may be bruising or swelling around the wound, especially if it is near the eye. The area may feel numb for several weeks or even months after surgery. You may also feel tingling, shooting, or sharp sensations around your wound as it heals.
• Infection – Call your doctor if you have any of the following:
  – Swelling or redness
  – Fever of 101 degrees F or higher
  – An opening in the wound
  – Heat coming from the wound
  – A bad smell or yellow-green ooze
  – Increased pain not relieved by acetaminophen such as Tylenol

If you have questions you can reach a dermatology nurse during office hours by calling 801-585-0137.
After hours, please call the hospital operator at 801-581-2121 and ask for the dermatologist on call.
Long-Term Wound Care Instructions

• Follow up with your dermatologist within six months of your surgery.

• Keep the wound out of the sun. Wear a hat or bandage. Apply sunscreen with SPF 30 or higher to the area.

• Resume applying make-up to the wound area after it heals, which generally takes two to three weeks.

• Resume shaving after stitches are removed or dissolve. Be careful. The area around your wound may be sensitive for several weeks.

• Remember your wound may take two to three months to heal completely. Your scar will continue to improve in color and texture over time.

Special Instructions

If you have questions you can reach a dermatology nurse during office hours by calling 801-585-0137.

After hours, please call the hospital operator at 801-581-2121 and ask for the dermatologist on call.