



INDYDERM  
COSMETIC & MEDICAL DERMATOLOGY

Post-operative Surgical Instructions

**Cleaning the Wound:**

- Keep the pressure dressing in place for 24 hours, then remove and wash with soap and water
- Twice daily until your suture removal appointment: wash with soap and water, apply Vaseline and cover with bandage (you don't need another pressure dressing, just a bandage large enough to cover the wound)

**Pain Control:**

- Most patients do not require any pain medication.
- Should you need pain control, begin with acetaminophen (Tylenol) 500mg tablets. Take 2 tablets every 6 hours as needed for pain.
- If the above does not help, please call the office.

**Rest:**

- Please don't play golf, go to the gym, or decide to cut down a tree right after surgery!
- Minimize the tension on the sutures in order to promote healing and decrease the likelihood of the sutures ripping.

**Infection:**

- Infection is a risk and we take this seriously.
- Infection does not generally start right after surgery, but 3-7 days after. If you have increasing redness, warmth, tenderness or have developed systemic symptoms (fever, chills, etc), please call the office.

**Bleeding:**

- Sometimes a vessel may reopen after you have returned home, which will cause the wound to bleed.
- If the wound is oozing, apply 10-15 minutes of firm pressure (no peeking!) and then recheck. This stops bleeding in most cases.
- If bleeding is excessive, or cannot be stopped with the above technique, please call the office.