

Post-Op Wound Care Instructions

First 24-48 Hours

- Keep the initial bandage on for the first 24-48 hours. **DO NOT GET IT WET.**
- No bending lifting or straining
- After 24-48 hours you can shower (don't let water directly hit the bandage). Shower with the bandage on.

Care of the Wound

1. Take a Q-tip and moisten the cotton tip with saline (simple contact solution)
2. Roll the Q-tip over the wound to remove dried blood or crust.
3. Once the wound is completely clean, apply Vaseline and cover with a bandage (Do NOT let the wound air out).
4. Repeat steps 1-3 daily
5. Keep wound covered 24 hours a day.

Activities

- Avoid heavy activity for the first 2 days
- No swimming, baths, or use of hot tubs until your wound is fully healed.
- If you have stitches on the cheek or in the mouth area, avoid chewing on that side and talk as little as you can. Eat soft foods and rinse your mouth after eating or drinking. Avoid smoking.
- No shaving near the wound.

Bleeding

- Minimal bleeding is to be expected
- If excessive bleeding occurs, apply continuous firm pressure by pressing on the site for 20 minutes (do not peek). If bleeding has not stopped, apply pressure for an additional 30 minutes (timed by the clock). If bleeding still has not stopped, call the clinic (number listed below), or go to your local emergency room.
- Reinforce, but do not remove, the soiled bandage unless told to do so. You could disturb the clot.

Swelling and Bruising:

- This is fairly common but will go away in several days.

Pain Management

- Apply ice near the wound to help with pain
- Unless your doctor tells you otherwise you may take Tylenol or ibuprofen to help control your pain. We recommend:
 - Tylenol 1000mg every 6-8 hours
 - Ibuprofen 600mg every 6 hours

Head or Neck Wounds:

- Sleep with your head elevated (on 2 pillows or in a recliner) for the first 48 hours.
- Keep your head above heart level.
- Swelling around the eyes and neck is normal if you have had surgery to the forehead, eye area, nose or cheeks.
- Swelling will be worse in the morning and improve during the day. Expect swelling to last 3 days or longer.

Arm or Leg Wounds:

- Wounds on the arm or leg heal more slowly than other areas. Keep your arm or leg raised as much as you can. This will help prevent swelling, bleeding and pain.
- Use a compression stocking or Ace® wraps to help with swelling and speed wound healing

For Non-Emergent Questions, you can reach us via the patient portal: (Responses: Mon AM- Fri Noon)

Go to: www.collierskincancercenter.com select the PATIENT PORTAL tab at the top of the page, login with your username

Username: _____

Questions: please call 405-562-8850

Nurses: Jim- ext. 206

Iesha- ext. 205