

PRE- AND POST-SURGERY INSTRUCTIONS

Supplies

Before your Skin Surgery, please purchase the following wound care supplies:

- Vaseline or Aquaphor (tube, not jar)
- Non-stick gauze (Telfa) or bandaids
- 4x4 inch Gauze
- Flexible cold compress or bag of frozen peas or corn
- Ziploc bags
- Extra strength Tylenol (500mg tablets)

If you are having surgery on a spot that is below the waist or on an extremity, or if you have a history of staph infection, purchase chlorhexidine gluconate 4% soap (Hibiclens) prior to your first shower. **THIS PRODUCT IS NOT TO BE USED ABOVE THE NECK UNDER ANY CIRCUMSTANCES.**

If you are having surgery on a spot below the knee, purchase compression stockings (20 millimeter mercury or higher) from your local drug or medical supply store.

Medications

- **CONTINUE** to take all your prescribed medications as usual including on the morning of surgery. It's important that you take your blood pressure and other medications before surgery.
- If you are on a blood thinner prescribed by your doctor for a medical condition or surgery that puts you at risk for blood clots or strokes, **CONTINUE** your medication as prescribed by your doctor.
- Ask your prescribing doctor if you have any questions about whether your medications are blood thinners. (The prescribing doctor's name is on the pill bottle.)
- However, if you are taking Aspirin for general heart health or if you are taking a nonsteroidal anti-inflammatory medication (NSAIDs) for pain or arthritis, **STOP** these medications at least one week before your surgery. These include Naprosyn (Aleve), Ibuprofen (Advil, Motrin), Aspirin, Meloxicam, celecoxib (Celebrex) and others. When in doubt, call our office to check if your pain medication is a blood thinner.
- **STOP** all vitamins and supplements 1 week prior to surgery. Some of these vitamins and minerals thin the blood and increase the risk for complications after surgery.
- Do not drink alcohol the week before and the week after surgery. Alcohol is a potent blood thinner and increases risk for complications.
- Do not smoke tobacco in the 3 weeks preceding surgery and 3 weeks following surgery. This includes Vaping. Tobacco is a potent vasoconstrictor, delays healing and may cause a wound to open and a flap or graft to die. If you continue to smoke or intend to smoke following surgery, please notify the doctor. Your repair will be modified accordingly or allowed to heal from the inside.

Post-Operative Wound Care Instructions

- Leave your bandage on your wound for 24 hours. Do not get the bandage wet in the first 24 hours.
- After 24-48 hours, remove bandage before your shower. Shower as usual. Before completing your shower, apply soap and water over the wound & sutures and let the water run over the wound until

it runs clear of soap. If you were instructed to use a special soap (Hibclens) in the shower, use the soap from the neck down as a final rinse before exiting the shower. Pat dry gently with a towel. Apply medicated ointment sparingly (only if prescribed one). Otherwise, apply a generous amount of Vaseline or Aquaphor with clean fingers. Rebandage with nonstick gauze (Telfa) and gentle paper tape or a BandAid.

- Keep the area dry and elevated while resting and sleeping for at least 3 days.
- Ice the wound using frozen peas transferred to a ziplock bag and wrapped in a clean kitchen towel every 2 hours for 20 minutes in the first 2 days at least.

Bruising and Swelling around the Eyes

This is common after surgery on the forehead, temple, nose, cheeks and scalp. Do not be alarmed and take caution when getting out of bed if your eyes are swollen. Use cold compresses over the wound and over any other swollen areas including the eyes. Be sure to wrap the cool compress in a clean kitchen towel rather than placing it directly on unbandaged skin. Avoid salty foods and sleep on a slight incline or using an extra pillow to elevate the swollen area.

Bleeding

It's common to bleed from a wound after surgery. This is especially the case if you are taking any blood thinners. If bleeding from the wound, apply firm pressure with an ice pack for 20 minutes without stopping. Repeat this for up to 2 hours if necessary. If you are on a blood thinner (Eliquis, Xarelto, Coumadin, Plavix, Aspirin) hold pressure for 45 continuous minutes without stopping. If bleeding is severe or persists after 45 minutes of firm pressure with ice, call the office. If you do not hear from your doctor and bleeding persists, call 911 or go to the nearest emergency room.

Pain

Take two 500mg tablets of Tylenol every 8 hours for pain. Start immediately after your surgery.

<i>DO:</i>	<i>DON'T:</i>
<ul style="list-style-type: none">• DO Use Vaseline Aquaphor or prescription antibiotics (if prescribed by your doctor)• DO Use Tylenol as directed. Please inform the office if you are experiencing severe pain, tenderness or fevers.• DO Shower and wash the wound daily	<ul style="list-style-type: none">• DON'T Use peroxide, Neosporin or triple antibiotic ointment• DON'T Use Aspirin, ibuprofen, Advil, Aleve, Motrin for pain in the first 2-3 days after your surgery• DON'T Swim or take baths for 2 weeks or until sutures are removed.• DON'T Exercise for 2 weeks after surgery.• DON'T Lift anything heavier than a 1/2 gallon of milk.• DON'T Allow hair, fur or clothing to come in contact with your wound until suture removal