

## SKIN SERIOUSLY.

### Post-Op Instructions

After your surgery you will have a clear dressing. This should stay in place for at least 24 hours. This dressing is designed to hold in any fluid that drains from your wound. This fluid contains substances that help your body to heal itself quicker. The fluid will collect under the dressing and will be straw-colored, pink or red. It will look like a blister at the site of your surgery. This is normal. The dressing may be left on as long as it is completely sealed. If the dressing comes loose and fluid leaks out, remove it completely.

Each day the wound should be cleaned with soap and water or with peroxide.

Plain petroleum jelly should be placed on the wound. Do not use antibiotic ointment (Neosporin, Polysporin, Triple antibiotic ointment, or Bacitracin.) Many people develop allergic reactions to these products and it is difficult to distinguish this from an infection while the wound is healing.

It is not necessary to keep the wound covered after the dressing is off. If desired, the wound may be covered with either a band aid or with a piece of non-stick dressing (TELFA) and paper tape. The Telfa and paper tape dressing is particularly good for people who are sensitive to adhesive.

During the first 24 to 48 hours, the wound may be uncomfortable. Tylenol extra strength ( 2 tablets every 6 hours, not more than 6 in 24 hours) or Ibuprofen (Advil or Motrin) 200 mg (4 tablets every 8 hours, not to exceed 12 tablets in 24 hours) can help with pain. If the doctor gives you Tylenol #3 (Tylenol with codeine), DO NOT TAKE ADDITIONAL TYLENOL!!!! Take ibuprofen instead.

After surgery do not do any strenuous activity with that body part until your stitches are removed. (Examples: If the surgery is on your arm, do not golf, play tennis, weight lift, etc, until the stitches are removed. If the surgery is on the back, do not do any heavy lifting, play golf or tennis. You may ride an exercise bike, use a stair climbing machine or elliptical trainer, or run. If the surgery is on the leg, Do not run, or lift weights with the legs. You may lift weights with your arms, and do upper body exercises.)

It is rare for wound infections to occur. If they do, it is usually three to four days after surgery. Instead of improving, the wound becomes more painful, red, and swollen. Drainage from the wound may increase. It

Adrienne Rencic, MD, PhD  
Crossroads Center  
1102 Baltimore Pike  
Suite 202  
Glen Mills, PA 19342  
Phone : 610.558.1446  
Fax : 610.558.1449

Hours:  
Monday:  
12:00 pm - 7:00 pm  
Tuesday - Friday:  
8:00 am - 5:00 pm

## SKIN SERIOUSLY.

becomes tender to the touch. You may see pus on the wound. If any of these things occur, call the doctor immediately.

*If bleeding occurs:*

1. Apply *CONSTANT* pressure for 5 minutes (don't keep checking to see if the bleeding has stopped during this time, just hold pressure).
2. If after 5 minutes of *CONSTANT* pressure the bleeding is excessive and doesn't seem to be stopping, call the office (610-558-1446) or go to the emergency room.

Adrienne Rencic, MD, PhD  
Crossroads Center  
1102 Baltimore Pike  
Suite 202  
Glen Mills, PA 19342  
Phone : 610.558.1446  
Fax : 610.558.1449

Hours:  
Monday:  
12:00 pm - 7:00 pm  
Tuesday - Friday:  
8:00 am - 5:00 pm