



Teche Dermatologic Surgery Centre

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Lafayette, LA 70508

12 Professional Drive
& Houma, LA 70360

John C. Chapman, MD

POST-OPERATIVE INSTRUCTIONS

Following surgery, you can expect:

- Bruising on or around surgical site; Moderate swelling; Moderate to severe pain.

Call our office at 337-385-5861 if you experience any of the following:

- Constant fever about 101° F; Intense pain near surgical site; Increased swelling, redness, or uncontrolled bleeding.

IF BLEEDING OCCURS FROM THE SURGICAL SITE:

Apply firm, direct pressure with a clean cloth for 20 minutes. Do not release pressure to look at bleeding status during this time. If bleeding continues after 20 minutes, apply pressure again for 20 additional minutes. If bleeding persists, continue to hold pressure, and call our office for further instructions. Once bleeding stops, you may add additional gauze over the bandage or change the saturated top pressure dressing, securing the bandage in place with tape.

SURGICAL SITE CARE:

- Leave the entire bandage in place and dry. If you have steri-strips under your bandage, leave them on until they fall off. Do all wound care over the steri-strips.
- The easiest way to remove the bandage is to get in the shower and allow it to get wet.
- Apply **Vaseline** to the incision with a Q-tip and cover with a **small non-stick bandage**. Avoid placing tape or adhesive directly over the incision. Do not let the area dry out or form a scab, as it can slow healing.
- Change bandage once daily after normal bathing routine until the incision is completely healed without scabbing or drainage – typically 7 to 14 days.
- For **BEST RESULTS** start using silicone scar sheets once the outside of the wound is closed and your external stitches are removed. These strips can be found at any drug store. Dr. Chapman can answer any questions you may have at your follow-up visit.

ACTIVITY – For the first 3 days:

- **Elevate surgical site** (head, neck, arm, leg) above the level of the heart when lying or sitting.
- **Do not** bend over, reach, or stretch, or lift greater than 10 lbs (gallon of milk).
- **Tylenol (acetaminophen)** should be taken for any pain. You may also try **Advil** or **Aleve**. Do not take Tylenol with pain medication as it can damage the liver and kidneys or possibly lead to an overdose.
- **No aerobic exercise** for 7 to 14 days, including brisk walking, gardening, etc. This can put your sutures under stress, interfere with healing and can cause bleeding.
- **If your surgery was located on the head, use a cold pack** around areas of swelling, such as the eyes, for 20 minutes, every 2 to 3 hours. Do not place ice directly on the skin.

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