

DERMATOLOGIC SURGERY CENTRE

BRYCE J. COWAN
BSc, MSc, MD, PhD, FRCSC

IRÈN KOSSINTSEVA
BSc, MD, FRCPC, FAAD, FACMS

DAVID M. ZLOTY
BSc, MD, FRCPC, FAAD

POST SURGICAL WOUND CARE

Skin Cancer Surgery To _____

- SUPPLIES:** (1) Normal Saline (Boil 1 cup water + 1/2 tsp. salt)
(2) Q-tips
(3) Antibiotic OINTMENT (not cream). For example: Polysporin, Bactroban or Fucidin.
(4) Non-adherent Gauze and Paper Tape (optional)

Remove the dressing _____. Clean the wound twice daily using Q-tips moistened with salt water. The salt water should soften, loosen and remove all the dried blood and other debris from the wound (stitch line).

When the dried blood and other debris has been removed, gently apply the OINTMENT to the wound with Q-tips. This must be done twice daily until several days after the stitches have been removed. If dissolving stitches have been used, please continue this care for _____ weeks.

The wound will heal satisfactorily if it is left covered only with ointment. However if you wish to cover the wound for cosmetic reasons you may do so by applying a small NON-ADHERENT GAUZE with PAPER TAPE, or simply use a standard Band-Aid. It is acceptable to shower gently over your stitches once the first dressing has been removed.

If wound has been covered by white steri strips, please remove the pressure bandage in 24 hours but leave the white steri strips in place for _____. It is acceptable to shower with the steri strips in place. Pat dry with a towel afterwards.

NOTE for patients with skin grafts.

If you have a skin graft, it may be held in place by a lubricated cotton ball which has actually been STITCHED in place over the graft. This cotton ball should NOT be removed until you return to have your stitches out. You may clean around it and apply ointment over and around the cotton ball. Do not allow the cotton ball to get wet.

When the cotton ball has been removed you must continue applying Ointment to the graft daily for another 2 WEEKS. These instructions may be modified by the Doctor according to your needs.

PLEASE RETURN FOR SUTURE REMOVAL IN _____ DAYS.

Signature _____ Witness _____

Dermatologic Surgery Centre

835 West 10th Avenue, Vancouver, B.C., Canada V5Z 4E8 ♦ Telephone: (604) 875-4888 ♦ Fax: (604) 875-4777
Email: skinsurg@gmail.com

GENERAL INSTRUCTIONS FOLLOWING SURGERY

A pressure dressing has been applied. This should be left on for 24 hours.

It is not uncommon for the incision to ooze or bleed the first few hours following surgery. This can almost always be effectively controlled by applying direct pressure to the wound with a clean cloth and by keeping **constant pressure** on the site for at least **15 minutes** by the clock. If this does not control the bleeding, please contact our Clinic. If it is after hours, contact the doctor on call (see below for telephone number).

If at all possible, you should try not to be alone the first 24 hours following surgery.

DO NOT TAKE ASPIRIN or other medication that can cause bleeding (such as Advil, Alka-selzer, Anacin, Excedrin, Bufferin, Entrophen, Ibuprofen and some cold medications) for 3 days after the surgery.

DO NOT DRINK ALCOHOL for 3 days after surgery.

You may take **TYLENOL** for any discomfort you may have after surgery.

REST. Avoid exercise, bending over (sit down to take off your shoes) straining or lifting for the first 7 days after surgery. These activities may cause bleeding at the wound site.

Should circumstances require that you obtain additional information or should you require assistance please call the Clinic at 604-875-4888, Emergency after hours cell phone 604-205-4822 or your Doctor at _____.

Please turn over for **WOUND CARE INSTRUCTIONS**