



DERMATOLOGIST MEDICAL GROUP OF NORTH COUNTY, INC.

SELF POST – OP CARE FOR SURGERIES

If you are unable to come into the office for a nurse post-operative appointment the following day, we ask that you care for your incision at home. The below guidelines are recommended:

1. Rest as much as possible. Apply a cold compress to the pressure dressing 15 minutes out of each hour while awake until bedtime. If the site was on an extremity, elevating the site in conjunction with the cold compress is helpful. If the site was on the scalp or neck, do not lay flat. Lay on a few pillows or in a reclining chair.
2. Avoid showering directly over the site the first night. Keep the site dry by covering the area (such as waterproof bandage or a plastic bag).
3. You may take Tylenol for pain. Please do not take other pain relievers unless prescribed or directed as they may promote bleeding. If you are having pain beyond what Tylenol can handle, please give us a call at (760)758-5340 and a nurse or doctor will be able to help you.
4. The following day, you may remove the pressure dressing. Your site may be swollen and/or bruised, THIS IS NORMAL. There will be brown tape covering the incision site; this should be left in place if there has not been any excessive bleeding.
5. You will be provided with some tape and antibiotic ointment so that if your site becomes bloody, dirty or the tape becomes loose you will be able to change the dressing.
6. Keep the site covered with brown tape and moistened daily with antibiotic ointment until your suture removal appointment. The tape does not need to be changed each day; only if/when it falls off on its own.
7. Limit strenuous activity to reduce the chance of bleeding or separating your stitches.

You are scheduled for a follow up on: _____ @ _____
_____.

You are scheduled for a suture removal on: _____ @ _____.