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Postoperative Wound Care Instructions

The First 24 Hours

- Remove the bandage after the first 24 hours (not sooner) unless otherwise instructed. If blood stains the bandage, you can apply another bandage on top of the first one.
- Apply ice packs on the area.
- If possible, elevate the area that was treated.

General Recommendations

- Do not exercise or become involved in any activity that can increase tension or pressure on the wound.
- Do not wet the bandage. When taking a bath use a sponge or cover the area with a plastic bag.
- Do not take aspirin or aspirin containing medications. For pain, take Tylenol or Extra Strength Tylenol.
- **If bleeding occurs, do not panic. Apply continuous pressure with gauze or a clean cloth for 15 minutes. If these measures do not stop the bleeding, call our office or go to the Emergency Room.**
- If you develop an infection (redness, warmth, pain, yellowish discharge or swelling) call our office or go to the emergency room for treatment.
- Do not expose the wound to the air and do not allow a crust to develop. Leave the bandage on at all times.

Daily Care

- The wound must be cleansed at least once a day or more if needed (after the first 24hrs).
- Cleanse the wound very gently with normal saline solution with gauze or a Q-Tip. **Do not scratch the wound.**
- Pat the wound dry in a very gentle manner with gauze or a Q-Tip.
- Apply Polysporin, Bacitracin or Bactroban on the wound. **Do not apply Neosporin.**
- Cover the wound with a band-aid, if this is not large enough, apply a Telfa pad (non-stick pad) with surgical tape.