



Bridget Walker, MD

~ Mohs Micrographic Surgeon

POST-OPERATIVE INSTRUCTIONS

After surgery:

- Go home and relax the remainder of the day.
- Ice directly over the bandage for 15 minutes every hour for the first day. This will help with swelling, bruising, and pain.
- Redness and swelling may occur around the wound for several days to weeks. Some redness around the wound edges is normal and due to increased blood flow as the wound is healing. If the redness starts to spread significantly in conjunction with increased pain, contact the office.
- A low-grade fever may occur and can be treated with acetaminophen. If your fever is greater than 101°F, contact the office.
- Some drainage is to be expected, especially in wounds that are not stitched. The drainage may be yellow-green or lightly blood-tinged and have a slight odor. If the drainage becomes heavy or if pain increases significantly, contact the office.
- If your surgery was on the forehead, eyelids, or nose, the skin around your eyes may be very swollen and discolored for several days. If eyelids are swollen shut, sleep with your head elevated and ice intermittently until the swelling decreases.
- If your surgery was on the leg, elevate your leg as often as possible for the first 3 days to help prevent swelling. Wear compression stockings as instructed if you were told to do so.

Pain control:

- Take **1000mg acetaminophen (Tylenol)** as soon as you get home. This is equal to 2 extra strength Tylenol or 3 regular Tylenol. You may do this **every 6-8 hours** up to 3 times in 24 hours. Continue this **for 3 days after surgery**.
- If you are able to take ibuprofen (Motrin or Advil), you may also take 400mg ibuprofen every 6-8 hours in addition to acetaminophen.

Bleeding:

- Light bleeding is common after surgery. If heavy bleeding occurs and the bandage becomes saturated with blood, remove the bandage and apply firm, constant pressure over the wound with gauze or a clean cloth for **30 minutes**. If pressure is released at all during that time (for example, looking to check if the bleeding has stopped), **you must start the 30 minutes over**.
- If the bleeding has stopped, re-bandage as described on the wound care sheet.
- If the bleeding has not stopped after 30 minutes of holding pressure, contact us using the phone numbers below. If unable to reach us and the bleeding is severe, go to the emergency room.

Phone numbers:

- Monday to Thursday 8am – 5pm: call our office at 970-964-4036