

**Sunrise Skin Cancer Surgery Center
Scott R. Freeman, M.D.**

Sutured Wound Care

- No strenuous activity for 48 hours. Resume moderate activity in 48 hours. (No lifting items over 10 lbs., don't strain to go to bathroom, nothing that's going to raise your heart rate or blood pressure. These activities could increase bleeding.) No heavy exercising until you are seen for follow up in one week.
- Take Tylenol as needed for discomfort, after 24 hours you can take Advil or Aleve.
- Keep the pressure bandage in place for 24 hours. If the bandage becomes blood tinged or loose, reinforce it with gauze and tape.
(Refer to the section below of this page for management of bleeding).
- Remove pressure bandage in 24 hours. Take off at _____ on _____.
- Leave the flat bandage in place until your follow up appointment. We will change for you in one week.
- Keep the bandage dry. Wash around it carefully. (waterproof bandage or Press-N-Seal)
- If the tape becomes soiled or starts to come off, reinforce it with additional paper tape.
- Do not smoke for 3 weeks; smoking is detrimental to wound healing.
- Do not drink alcoholic beverages for 48 hours.
- It is normal to have swelling and bruising around the surgical site. The bruising will fade in approximately 10-14 days. Elevate the area to reduce swelling. (head , leg, arm, x 2 nights)
- Numbness, itchiness and sensitivity to temperature changes can occur after surgery and may take up to 18 months to normalize.

POSSIBLE COMPLICATIONS

BLEEDING:

1. Leave the bandage in place.
2. Use tightly rolled up gauze or a dry washcloth to apply direct pressure over the bandage for 20 minutes.
3. Wait 5 minutes and then reapply pressure for an additional 20 minutes, if necessary.
4. You can repeat up to three times.
5. Use additional gauze and tape to maintain pressure once the bleeding has stopped.
6. Call the office or go to the nearest emergency room if pressure fails to stop the bleeding.

PAIN:

1. Post operative pain should slowly get better, never worse.
2. A severe increase in pain may indicate a problem. Call the office if this occurs.

Follow Up:

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In case of emergency:

- **CALL Dr. Freeman's Office at 251-544-6407 or**

Go to and contact your nearest hospital:

Mobile Infirmary

5 Mobile Infirmary Circle

Mobile, AL 36607

251-435-2400

Springhill Medical Center

3719 Dauphin Street

Mobile, AL 36608

251-344-9630

Providence Hospital

6801 Airport Blvd

Mobile, AL 36608

251-633-1000

Thomas Hospital

750 Morphy Ave.

Fairhope, AL 36532

251-928-2375

South Baldwin Regional Medical Center

1613 N. McKenzie Street

Foley, AL 36535

251- 949-3400

North Baldwin Infirmary

1815 Hand Ave

Bay Minette, AL 36507

251-937-5521

Sacred Heart

1549 Airport Blvd

Pensacola, FL 32504

850-416-7000

Jackson Medical Center

220 Hospital Drive

Jackson, Alabama, 36545

251- 246-9021

Grove Hill Memorial Hospital

295 South Jackson Street

Grove Hill, AL 36451

251-275-3191