

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

**Sutured Wound Care Instructions
For Lips or Chin**

- No strenuous activity for 48 hours. Resume moderate activity after 48 hours. No heavy exercising until you are seen for follow-up in one week.
- Take Tylenol as needed for discomfort.
- 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 reverse side of this page for management of bleeding).
- Remove 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)
- Try to keep your lips / chin as immobile as possible. Refrain from laughing, smiling and yawning for 3 weeks.
- Eat soft foods for the first 24 hours and take small bites of food for the entire three weeks.
- When brushing your teeth, you should use a child's toothbrush or use mouth wash to prevent stretching of surgery site.
- 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.

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Follow Up:

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

Providence Hospital

6801 Airport Blvd
Mobile, AL 36608
251-633-1000

South Baldwin Regional Medical Center

1613 N. McKenzie Street
Foley, AL 36535
251- 949-3400

Sacred Heart

1549 Airport Blvd
Pensacola, FL 32504
850-416-7000

Grove Hill Memorial Hospital

295 South Jackson Street
Grove Hill, AL
36451
251-275-3191

Springhill Medical Center

3719 Dauphin Street
Mobile, AL 36608
251-344-9630

Thomas Hospital

750 Morphy Ave.
Fairhope, AL 36532
251-928-2375

North Baldwin Infirmary

1815 Hand Ave
Bay Minette, AL 36507
251-937-5521

Jackson Medical Center

220 Hospital Drive
Jackson, Alabama, 36545
251- 246-9021