

Sunrise Dermatology

70 Midtown Park East Mobile, AL 36606
251-289-1786

INFORMATION FOR PATIENTS AND FAMILIES

Wound Care Following Dermatologic (Skin) Surgery With Sterile Glue and Steri Strips

- Try to take it easy! Do not do things to raise your blood pressure (such as exercising, using alcohol, or lifting weights). Do not perform activities that may stretch the wound. This will minimize bleeding and the appearance of the scar.
- **Please keep Steri-Strips on your surgery site for the next 7 days following surgery.** After 24 hours from your surgery you may change your bandage daily, but avoid contact with water.
- Do not use alcohol, hydrogen peroxide, or creams unless your doctor tells you to do so.
- Allow any scab that forms to fall off on its own. Do not pick at it.
- Avoid hot tubs, swimming, or taking baths for 2 weeks following your surgery.

What to expect after your procedure:

- A minor amount of swelling, bruising, discomfort and even some bleeding is common following the surgical procedure. Your wound may remain pink and slightly swollen for several months.
- The numbing medication will wear off in about 1 to 2 hours. Your pain can be treated with an ice pack (or bag of frozen peas). You can take one or two Extra Strength Tylenol® every 4 to 6 hours (up to 4 gms-8 pills) a day to help with any discomfort. Avoid the use of aspirin or ibuprofen unless specified by your primary care doctor.
- If bleeding start, apply direct pressure for 10 min. Do NOT peek. If you do, this will disturb the forming clot. If this does not slow down the bleeding, repeat 2 more times. Then, if this fails seek medical attention.
- If your Steri-Strips come off before the 7 days, keep surgery site covered with a sterile bandage and call our office for instructions. Sometimes Steri-Strips may naturally start peeling off after 3-4 days, this is normal and as long as the surgery site remains closed and intact, continue with a clean bandage daily until healed.

When to Call:

Call the nurse at 251-289-1786 if you notice:

- Steri-Strips coming off or wound “opening”
- Severe inflammation (redness, tenderness, swelling or warmth) that lasts more than 3 to 7 days.
- Red streaks near the wound
- Increased bloody drainage
- Green or yellow drainage or a foul smell coming from your wound.
- A fever greater than 101 degrees F. that continues after three days.
- Bright red bleeding that does not stop after applying direct, firm pressure as directed above.
- A large, swollen purple area (hematoma) around the surgery site.