PITTSBURGHSKIN
DERMATOLOGY | MOHS SURGERY

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WOUND CARE

For Questions:

- Monday to Friday between 7:30 AM - 4:30 PM please call the office at 412.206.2966
- Weekends & Evenings please contact your physician:

Wound Care:

1. Please keep your bandage dry and do not remove for 24 hours. You may shower as long as the bandage stays dry.
2. After 24 hours, remove the bandage and cleanse surgical site with mild soap (such as dove or Cetaphil) and water. Blot dry.
3. Apply Vaseline (petroleum jelly) or Aquaphor with a q-tip to surgical site. Vaseline or Aquaphor is preferred to polysporin or Neosporin as you may develop an allergic reaction to antibiotic ointment.
4. Cover surgical area with a non-stick gauze (Telfa) or a band-aid. **It is important to keep the surgical site covered.**
5. Wash surgical area and bandage daily with Vaseline or Aquaphor (as above) for at least one week. Depending on the surgical site, your provider may ask you to keep the area covered for longer.

Additional Notes:

- Bleeding: If you have bleeding thru the bandage, please remove the bandage and apply direct, firm pressure for 20 minutes. If you have someone at home with you, it may help to lie down and ask them to help you hold pressure. If the bleeding does not stop, please call us.
- Pain Control: We recommend you take 500-1000 mg acetaminophen (1 or 2 Extra Strength Tylenol®), alternating with 400 mg of ibuprofen (Advil®, Motrin®) every three hours as needed. If this does not give you adequate pain relief, please contact us for advice. *Note: Do not take more than 6 Extra Strength Tylenol® (3,000 mg Total) or 2400 mg of ibuprofen in 24 hours.*
- Ice: You may apply ice to the side of bandage to reduce pain, swelling, and bruising. Ice for 10-15 min, three to four times for the first 24 hours, if possible.
- Exercise: Please avoid heavy lifting and exercise for one week.
- Infection: Infection is uncommon but can develop in any wound. Signs of infection are increased pain, drainage, pus, warmth, redness, and swelling with or without a fever >101˚F. If these symptoms occur, please call the office for further instructions.