



Postoperative Instructions for Surgery with Betsy Golden

Sutures: Remove pressure bandage after 48 hours (_____).

Clean the sutures once daily with water and apply a thick layer of Vaseline or Aquaphor. Keep area covered at all times with a no-stick pad or bandage. You may get the sutures wet in the shower after 48 hours. Do not soak or submerge the stitches in water (pool, jacuzzi, bathtub).

- If a head wrap (brown bandage) is applied, keep in place for at least 24 hours. If desired, you may stay on for up to 48 hours.
- If you have Steri-strips over your wound, leave them in place for 7 days. After you remove your steri-strips (7 days post op), begin applying a thick layer of Vaseline or Aquaphor every day for 7 days.
- Keep your wound covered at all times. After removing the pressure bandage after 48 hours, you may shower, pat dry and cover with a band-aid. You do not need to recreate pressure dressing.

There are several concerns that may arise following surgery:

Bleeding: A small amount of bleeding or oozing in the first 24-48 hours following surgery is common. To minimize the chance for excessive bleeding:

- Limit activity for at least 2 weeks.
- Avoid lifting/pushing/pulling more than 5 pounds and bending over until sutures are removed.
- If surgery was on the arm or leg, keep extremity elevated as much as possible and limit weight bearing.
- If bleeding occurs, apply firm constant pressure on the bandage/site for 20 minutes.
 - If excessive bleeding continues, apply pressure again and please contact Dawes Fretzin Dermatology at 317-516-5000

Swelling: Swelling is a normal response to wound healing. It is usually worst 48-72 hours following surgery. Ice wound for 20 minutes at a time, several times a day for 2-3 days.

Pain: Discomfort experienced following surgery consists of an aching sensation as the local anesthesia wears off. In nearly all cases, Extra Strength Tylenol or Ibuprofen (Advil/Aleve) will relieve this discomfort. Avoid taking additional Aspirin for pain, but you may continue your daily dose of Aspirin as prescribed by your doctor.

Infection: Wound infections are uncommon. Signs of infection include increasing pain, swelling, redness or yellowish drainage (pus) from the surgical site approximately 3-5 days following surgery.

If you have a concern related to any of the above instructions or other questions, please contact us at 317-516-5000

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