



**Advanced[®]
Dermatology**

Skin Cancer and
Laser Surgery Center, P.C.

www.advaderm.com

Board Certified Dermatologists

General Dermatology

Gregory G. Papadeas, D.O.
James T. Chapman, M.D.
Steven A. Brenman, D.O.
Jamie G. Surovik, M.D.
Jennifer A. Ray, M.D.
Ryan G. Gamble, M.D.
Dawnielle C. Endly, D.O.
Ryan O'Leary, M.D.
Powell Perng, M.D.
Anne H. Hanson, D.O.
Roger I. Ceilley, M.D.

Mohs Micrographic Surgery

Darlene Johnson Skow, M.D.
Misha D. Miller, M.D.
Jamison E. Strahan, M.D.

Dermatopathology

Sean Amsbaugh, M.D.

Pediatric Dermatology



Medical Center of Aurora

1390 South Potomac Street
Suite 124
Aurora, CO 80012
303-368-8611
303-368-9791 fax

Centennial

12645 East Euclid Drive
Centennial, CO 80111
303-493-1910
303-493-1915 fax

Evergreen Medical Center

30960 Stagecoach Blvd., Suite W140
Evergreen, CO 80439
303-670-7065
303-674-6055 fax

Summit County

710 Summit Blvd., Suite 102
PO Box 4005
Frisco, CO 80443
970-668-9650
970-668-9654 fax

Castle Rock

755 Maleta Lane, Suite 201
Castle Rock, CO 80108
303-309-3072
303-284-9736 fax

**POST-OPERATIVE INSTRUCTIONS AND WOUND CARE
FOR MOHS AND EXCISIONAL SURGERY
WITH TOPICAL SKIN ADHESIVE**

Post-Operative Instructions

The First 24 to 48 Hours: Apply an ice pack to your surgical site throughout the day while you are awake. Apply the ice pack for about 20 minutes at a time. This should be placed over the top of your dressing. If you do not have an ice pack, you can use a frozen bag of vegetables (peas or corn work well). Wrap a washcloth around the bag and hit it on a counter so that the contents of the bag become "pebbly" and are not a solid ice block. Apply this directly over the bandage. Do not apply ice directly to the skin.

Bruising and Swelling: There may be bruising near or around the surgical site. This is normal and it could last up to a week. Swelling is also normal. It usually occurs and increases for 24 to 48 hours after surgery, and then begins to improve. If the surgical area is on the face, head or neck, sleep with your head elevated about 30 degrees the first 24 to 48 hours following your surgery. This will help keep swelling down.

Bleeding: If bleeding occurs, **do not** remove the bandage. Apply continuous pressure with a washcloth or gauze for 20 minutes. If the bleeding persists, repeat the pressure for an additional 20 minutes. **If bleeding continues, or you develop a large swollen, purple area around the surgical site, you should notify our office immediately. Please do not go to the emergency room without attempting to contact our office first.** If the bleeding stops, clean your surgery site and put a new dressing on as directed on this sheet.

Activity: Avoid all strenuous activities and exercises until sutures are removed. These activities can cause the stitches to "pop" or break and may also cause a localized hematoma, both of which can affect the healing process.

Discomfort: Do not use aspirin, aspirin-containing products, ibuprofen or alcohol for the first 48 hours after surgery. If you experience discomfort, you may take Tylenol (Acetaminophen) or Extra Strength Tylenol as directed on the bottle. The doctor may also prescribe a mild narcotic in place of Tylenol.

Infection: Some soreness and redness is expected. If the area becomes **very sore, red, and/or hot to the touch, or you develop a fever**, please notify us. It is possible the area may be infected and the doctor will likely prescribe an antibiotic

Adhesive Care

Once a wound has been sealed with surgical glue, it's important to properly care for the area in order to promote proper healing in the minimum amount of time, and to reduce the risk of infection. After the first 48 hours, begin once-a-day cleaning of the surgical site using mild soap and tap water.

- The adhesive usually remains in place for about a week, from five to 10 days, then begins to peel away.
- Bandaging is not required. Do not put any tape directly on the adhesive; when the tape is removed, it could detach the adhesive from the skin.
- Occasional exposure to water, such as in a shower, should not have an impact on the bond's effectiveness, however, do not scrub or wash the wound directly. When drying the area, pat it lightly rather than rubbing it.
- Keep ointments, creams or gels away from the wound and its immediate area, as they might affect the bond.
- Do not pick at or try to remove the adhesive, even if the wound seems to be healed.
- As with all wounds, do not expose it to direct sunlight or a sunlamp for extended periods of time.

Follow-Up Care

- Return to our office for suture removal and/or bandage change in _____ days.
- Firmly massage the scar starting 4 weeks after surgery, or 4 weeks after the wound has closed. This will help the body absorb the inside dissolvable sutures and help soften the scar.
- Return to the clinic in 3 months if the scar is still firm and/or hard.
- Have a complete skin check in 6 months from your surgery date, and every 6 months after that for 2 years.

When to Call the Doctor

- If you have bright, red bleeding from the wound, that does not stop after applying direct pressure for 40 minutes.
- If a large, swollen, purple area is noted around the surgery site.
- If severe inflammation (redness, tenderness, swelling, warmth) or red streaks appear near the wound or you develop a fever.
- If you have any questions or concerns, please call our office 24 hours a day at 303-493-1910.