NICHOLS
MOHS AND SKIN SURGERY

TEL: (573) 876-1000
FAX: (573) 442-7899

Post Operative Wound Care

1. Supplies

- White Petrolatum (Vaseline or Aquaphor)
- Q-Tips
- Non-stick "Telfa" gauze pads
- Paper tape or "Hypafix" tape
- Extra-strength acetaminophen (Tylenol)

2. Wound Care

- 48 hours after surgery, remove our bandage and begin cleaning the wound twice a day with gentle soap and water.
- Also clean wound with Q-tips or gauze and a solution of 1 part white vinegar to 3 parts water.
- Clean and remove all crusted material and any white/yellow material that can come off easily. Do not use alcohol or peroxide. Do not reuse cleaning materials.
- Apply petrolatum (vaseline or aquaphor) to wound.
- Cover wound with "Telfa" pad cut to the size of your wound, then tape down.
- Continue wound care until sutures are removed or as the doctor advises. If the surgical site is swelling, elevate the area and apply ice pack, keeping the bandage dry.

3. Bathing & Activity

During the first 48 hours, showers or baths are allowed as long as the bandage remains dry. After 48 hours, clean the wound during or after your shower. Use a gentle soap, such as Dove. Do not swim. Do not perform strenuous activities or exercise for at least 7 days. This may cause bleeding or severe scarring. Depending on your wound Dr. Nichols will advise other limitations.

4. Prescriptions

Unless Dr. Nichols recommends otherwise, you may alternate between extra-strength acetaminophen (Tylenol) and ibuprofen (Advil) for pain as needed. Avoid excessive use of ibuprofen as it can thin your blood and avoid alcohol for 48 hours.

5. Contact Doctor if:

- Fever above 100 degrees
- Sign of infection: redness, swelling, foul-smelling drainage, heat or pain
- Severe nausea and vomiting
- Bleeding that saturates dressing (spotting is expected). To stop bleeding, hold direct pressure over the dressing for 20 minutes and do not remove dressing.

If you have sutures, they will be removed in: 1 week 2 weeks

If you do not have sutures, follow up in: 2 weeks 1 month 6 weeks