

Ada West Dermatology  
1618 S. Millennium Way, Ste 100  
Meridian, ID 83642  
208-884-3376

**POST-OPERATIVE CARE INSTRUCTIONS**

Please follow these care instructions carefully to help ensure proper wound healing:

- 1. Wound care.** Apply the provided ice pack or ice in a sealed Ziploc bag to your bandaged area for 15-20 minutes, then leave the bandaged area alone for 40-45 minutes. Continue this hourly sequence until bedtime of the day of your surgery. Application of an ice pack helps reduce pain and bruising.
  
- 2. Dressing care.** Keep the clinic-applied dressings absolutely dry and in place for 2 days. During this time, do not change the bandages whatsoever and do not get the wound wet. Immersed bandages lead to increased infection risk. After 2 days, you may carefully remove the outer bandage and cotton gauze—once the bandages are off, you may proceed to bathe as normal. Leave the suture tape (Steri-strips) that is directly over your stitches in place until your suture removal appointment. Do **not** apply any new bandages of your own over the exposed Steri-Strip.
  
- 3. Pain control.** Pain after skin surgery is surprisingly mild. Try the application of ice to reduce pain, but if it does not satisfactorily reduce your pain, take extra-strength Tylenol (acetaminophen) [2 capsules every 4-6hrs as needed]. Do **not** take any other additional medications containing aspirin or acetaminophen (such as Bufferin, Excedrin, Anacin, Ordis, Aleve, Motrin IB, or Nuprin) within the first 2 days as they can cause additional bleeding. However, if you are on a baby aspirin, continue to take it as you normally would. If needed, your provider will prescribe a pain medication for you to fill at your local pharmacy.
  
- 4. Antibiotics.** If we prescribed antibiotics, please take them as directed until all medication is gone.
  
- 5. Post-operative bleeding.** There may be post-operative oozing or bleeding and it may stain the bandage—this is normal. If however, you have excessive bleeding and have bright red blood soaking through the bandage, apply **constant** and **direct pressure** for 30 minutes with an ice pack. If the bleeding does not stop, please call our office or your provider using the afterhours contact information.
  
- 6. Infection Risk.** A small degree of swelling, bruising, and redness normally occurs. If you notice spreading redness, increasing tenderness, increasing swelling, and/or yellow pus coming out of your wound, please notify our office right away.

*Please schedule an appointment at the check out desk for your suture removal appointment.*

**AFTER HOURS EMERGENCY CONTACTS**

Randall Burr, MD (208) 841-6006	Alisa Funke, MD (720) 891-7675	Tina Measham, MD (208) 863-0725	Alan Pitt, MD, PhD (208) 867-2182	Gregory Wells, MD (208) 571-7855
Laura Allen, PA-C (208) 602-7232	Brian Friedt, PA-C (208) 954-4843	Teresa Graklanoff, PA-C (208) 631-8949	Janice Neilson, FNP-C (208) 890-4830	Juliann Visser, PA-C (208) 577-8171