



FOOTHILL DERMATOLOGY
MEDICAL CENTER

Post-Op Instructions

1. Keep area dry for 24-48 Hours after the day of procedure. You may shower same day as surgery, but surgery site must remain dry for 24 to 48 hours.
2. After the 24-48 hours you can cleanse the wound site with a mild soap (example: Dove unscented) and water. Doing this twice daily for 7 to 14 days.
3. Pat dry the area (note: don't scrub the wound site) then apply a film of POLYSPORIN OINTMENT (the ointment can be purchased over the counter). Again applying this twice daily for 7 to 14 days.
With a new bandage every time.
4. If you have any pain or discomfort you can take Tylenol extra strength (which is over the counter) if needed. If pain persists please call the office.
5. If you should develop a bruise or any swelling place an ice pack 15min every hour on the hour until bedtime for up to 2 days if needed. (A bag of frozen peas or a clean cloth with ice).
6. If the wound site should develop blood, bandage the surgery site and apply direct pressure for 20 minutes. If oozing persists give the office a call 626-852-3376.
7. If you are on a blood thinner like Coumadin, Plavix, or any form of aspirin you may resume it, but please check with the office prior to resuming your medication.
8. If you are given an antibiotic please take them until they are finished, this will help prevent infection.