

Post-Operative Care of a Sutured Wound

Over the next 24 hours you may see blood or bloody drainage. This is normal and expected. If there is heavy bleeding, saturating the bandage:

1. Do not panic.
2. Remove the bandage.
3. Place clean gauze over the wound and hold **firm, continuous pressure** directly on the surgical site for 20 minutes.
4. If the bleeding has not stopped after 20 minutes of pressure, please call your surgeon.

Day of Surgery

1. Rest. NO exercise, yard work, heavy lifting, sports etc. It is common to feel tired.
2. Keep bandage dry.
3. No alcohol for 24 hours. Alcohol contributes to bleeding.
4. See back of form for pain management instructions.

Day After Surgery

1. **Wash hands.** Remove the bandage. Expect redness, swelling, bruising. Expect blood on the bandage.
2. Shower as usual, gently cleansing the wound with soap and water.
3. Apply ointment (Vaseline/Aquaphor) to the incision site **once** a day. It is important that the wound does not dry out and develop a scab.
4. Cover the surgical site with a clean bandage.
5. Continue the above until your suture removal appointment or 10 days if you have dissolving sutures.

Infection, although uncommon after Mohs, can develop in any wound. This can manifest as increased pain, tenderness, warmth, redness, or drainage. Generally, the wound should feel better every day. If you suspect infection, call the office.

DO NOT SMOKE. Smoking impairs healing, contributes to poor cosmetic outcomes and increases risk of infection.

Post-Operative Pain Management

Most post-operative pain can be effectively managed with over-the-counter pain medications.

1. Take two Extra-Strength Tylenol (500mg each) and two ibuprofen (200mg each) every six hours as needed for pain. Acetaminophen = Tylenol. Ibuprofen = Advil or Motrin.
2. If the above is not sufficient to control your pain, and a prescription for pain medication was provided, then you may use this in addition to the above.
3. Applying ice packs to the area, for 10-20 minute intervals may also be helpful.
4. If your surgery was on an extremity, elevating the limb can be helpful.
5. If you are not able to control your pain, please call your surgeon.
6. Most people do not need pain medicine after the first 1-2 days.

If you have questions, please call the office 623-584-2127 Ext: 0373.

My name is _____

Dr. Cordova's pager for urgent matters **AFTER** hours: 623-694-9201.