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DERMATOLOGIC, MOHS MICROGRAPHIC & COSMETIC SURGERY



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## **WOUND CARE INSTRUCTIONS**

Discomfort after your surgery is usually minimal. If you do have some discomfort extra strength Tylenol / Acetaminophen, two (2) tablets every six (6) hours should help relieve any pain that you may have.

To lessen the discomfort, relieve swelling, and minimize bruising, an ice pack, or a bag of frozen peas, wrapped in a clean towel may be applied over the dressing for 10-15 minutes every hour. Elevation of the wound area is also helpful.

Please avoid smoking throughout the healing process.

Please avoid alcohol for two (2) days after your surgery.

Please try to refrain from exercise or any heavy chores, for one (1) week after your surgery.

A pressure dressing has been applied to your wound to prevent bleeding and minimize swelling. You may notice some blood on the edges of the dressing, this is normal. However, if active bleeding persists and soaks through the dressing, apply firm and constant pressure over the dressing with gauze for 15 minutes. If the bleeding still persists, remove the dressing and repeat the pressure with clean gauze for an additional 15 minutes. In rare instances when bleeding does not stop, call our office.

The area may remain numb and be mildly itchy. You may also experience periodic discomfort around the wound as part of the healing process.

The edges of the wound will be pink fading after several days. If the wound becomes red, tender, and swollen or begins to drain pus, call our office.

The first dressing change should begin the day after your surgery.

The day after your surgery, upon removing the initial dressing, you may shower and allow the wound to get wet. However, do not allow the forceful stream of water to hit the wound directly.

After you shower, apply a new dressing to your wound as described below.



## WOUND CARE INSTRUCTIONS

The first dressing change should begin the day after your surgery.

The day after your surgery, upon removing the initial dressing, you may shower and allow the wound to get wet. However, do not allow the forceful stream of water to hit the wound directly.

After you shower, apply a new dressing to your wound as described below.

### VINEGAR SOAKS AND DRESSING

1. Add a tablespoon of plain white vinegar to a cup of bottled or boiled water.
2. Soak clean gauze with the vinegar solution then squeeze out the excess fluid so the gauze is wet but not dripping.
3. Apply the soaked gauze **directly** on the wound for 5-10 minutes then pat the area dry.
4. Apply a generous amount of a bland ointment (Vaseline or Aquaphor) to the wound using a Q-tip and spreading it around the wound to make a complete covering.
5. Apply a non-stick / non-adherent dressing (such as "Telfa") to wound and tape it in place.
6. Follow this procedure twice each day.

**REMEMBER: Do not** let the wound dry out. Keep it covered with ointment.

After you have been instructed that your healing wound no longer needs to be covered, apply a sunscreen with an SPF of at least 15 whenever you go outdoors.

Please remember that your follow-up visits are important.