



## UCLA Dermatology Post-Operative Wound Care Instructions

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1. For the first 24 hours after surgery, do not get the wound wet and keep the dressing as it is, do not remove.
2. After 24 hours, you may get your wound wet (i.e. take a shower, etc.). At this point you must start changing your wound dressing 2 times a day:
  - a. Carefully remove the old dressing.
  - b. To minimize crusting/scabbing over the wound, cleanse the wound with hydrogen peroxide using cotton swabs. Do not allow a scab or crust to form over the wound.
  - c. Dry the wound with gauze and apply Aquaphor, Vaseline, or Polysporin ointment using cotton swabs.
  - d. Cover with Telfa pads cut to size. If there is any oozing/draining you may also add some gauze cut to size.
  - e. Secure the dressing in place with paper tape.
3. Take Tylenol (acetaminophen) or for any discomfort. Avoid Aspirin (acetylsalicylic acid), any product containing Aspirin (Anacin, etc), Advil, Ibuprofen, Aleve, and Motrin as they can promote bleeding. Avoid alcohol for 3 days post-operatively.
4. If any bleeding should occur, apply 20 minutes of constant pressure. If the situation persists, please call us immediately.
5. For several days after surgery, local swelling and drainage of clear or blood-tinged fluid from the wound may occur. If there is persisting noticeable redness, swelling, pain and/or pus after 3 to 4 days, you may have an infection. Please don't hesitate to call us.
6. Avoid any strenuous exercise or activity (i.e. bending, lifting heavy objects) that could be harmful to the wound for at least three weeks.
7. If surgery was performed around the lips or cheeks, minimize activity for 1-2 weeks. (i.e. excessive laughing, smiling, eating any hard foods (steak, apples, etc.) should be avoided).
8. If surgery was performed on lower extremities, the leg needs to be elevated as much as possible. Activity and weight bearing the feet should be minimized.
9. Avoid lying or sleeping on the side where surgery was performed.
10. If your surgery was performed on the head or neck, elevate your head and neck using two pillows while sleeping in order to avoid excess swelling or bruising.

On evenings, weekends, and for any problems, contact the Dermatology Resident on call:  
(310)-917-3376

