Wound Care Instructions – Post-op Steri-Strips

1. Keep the dressing clean and dry for 48 hours. After 48 hours, remove the dressing (paper tape and gauze).
2. Steri-strips have been applied to your skin, over the stitches. The steri-strips will remain in place, on your skin, for 7 - 14 days. There may be a little bleeding on the steri-strips that looks dark in appearance. This is normal.
3. You may shower over the steri-strips, (after 48 hours and dressing is removed), blot gently to dry.
4. If steri- trips begin to lift at the corners, you may use a small scissor to trim off these corners.

General Post-operative Instructions

1. Expect some swelling, redness, pain, and/or tenderness around the wound. It should slowly go away within a few days. Pain is usually worse in the first 24-48 hours. Swelling is usually worse in 2-3 days.
2. If your wound is on your face, keep your head elevated on 2 pillows. Do not bend over, no heavy lifting or strenuous activity. Keep your head elevated above your heart. If your wound is on your arm, elevate it on a pillow when resting. If your wound is on your leg, elevate it while sitting. Wear support hose and walk frequently to keep blood moving through your legs. Follow these instructions for at least 48 hours. No aerobic exercise or weight lifting for 2 weeks.
3. Use ice packs to control swelling and bruising. Apply 10-15 minutes each hour for the first 24-48 hours while awake. (Frozen bags of peas or corn work well.) Take Tylenol® every 4 hours as needed for discomfort. Do not take more than 3 grams(3000 mg) of Tylenol in 1 day. Avoid aspirin, products containing aspirin, or non-steroidal anti-inflammatory medications, such as ibuprofen (Advil®, Motrin®), Excedrin®, or naproxen (Naprosyn®, Aleve®) for 48 hours after surgery. Please note that if you are given a prescription pain medicine, that many of them contain Tylenol (acetaminophen). Avoid taking more Tylenol. Please talk to the clinical staff before taking your own pain medicines.
4. If bleeding: Apply firm, uninterrupted pressure with clean gauze for 20 minutes. If it does not stop, please call the office or the after-hours emergency number below, or go to the nearest emergency room.
5. Call the office if you have a fever over 100.4°F (38.0°C) or if swelling, redness, and/or tenderness at the surgical site last for more than a few days. These symptoms could represent an infection.
6. If your doctor prescribes an antibiotic, take it until it is all gone. If you have any side effects (rash, diarrhea, nausea or vomiting), call the office.
7. Please keep your appointments for either suture removal or a wound check.

If you have any questions or concerns during office hours (Mon-Fri, 8 a.m. – 5 p.m.), please contact the Dermatology Center at 716-845-3378 (choose option 4)

After hours, weekends, and holidays, please call 716-845-2300 and our Call Center staff will assist you.
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Members of the American College of Mohs Surgery Fellowship-trained skin cancer and reconstructive surgeons