



WESTLAKE  
DERMATOLOGY  
& Cosmetic Surgery

## Wound Care Instructions

1. Keep the bandage dry and in place for 24 to 48 hours.
2. Keep the site of surgery elevated.
  - Head and neck – Sleep on 2 pillows with the side of surgery up.
  - Leg – Keep leg elevated above the level of the hips.
3. If you notice any bleeding, place firm, continuous pressure over the site for 10 to 15 minutes. Call us if the bleeding does not stop easily with pressure.
4. Continue all medications as previously prescribed.
5. For pain, please take Tylenol (acetaminophen) and avoid NSAIDs (such as ibuprofen, naproxen, etc.).
6. Do not lift over 10 pounds during the first week after surgery and do as little bending over, straining, and stooping as possible.
7. After the bandage is removed, each day allow clean water to run over the site (as in the shower), pat dry, and apply a thin coat of ointment (Aquaphor, Polysporin ointment, or Vaseline petroleum jelly). Keep ointment on the site without allowing a dry crust to form. You may apply a light bandage/dressing daily if desired.
8. Do not swim or immerse the site in water until the stitches are out.
9. Schedule suture removal in \_\_\_\_\_ days / weeks.

We can be reached at **(512) 328-3376** during office hours and at the same number through our answering service after hours. **Please call if you notice any bleeding, increasing redness, tenderness, pus, or drainage, or with any other questions or concerns.**