



Absolute Dermatology & Skin Cancer Center
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Surgical Aftercare Instructions

*****If your surgical site begins to bleed, hold pressure for 20 minutes *WITHOUT* lifting to check the site. If it continues to bleed, continue to hold pressure and call us at: 804-326-4448. If it is after 5:00 pm, press the urgent button and choose Dr. Gillen as your provider.*****

**** Take regular strength Tylenol *NOT* Ibuprofen, Advil, Aleve or other NSAIDs.**

You have **ABSORBABLE SUTURES** that will dissolve on their own over the next 5-7 days.

You have **TEMPORARY NON-DISSOLVING SUTURES** that will need to be left
in place for: 5-7 days / 7-10 days / 10-14 days

- Please leave the pressure bandage on for 48 hours.
- Remove the bandage and gently clean with a combination of **1-part white vinegar with 4 parts water**.
- Apply liberal amounts of Vaseline (**Not Neosporin**) to the suture line.
- Reapply a simple bandaid - you do not need to recreate the pressure bandage.
- **Repeat above daily for 7 days.** After 7 days continue to apply a liberal amount of Vaseline at least twice daily for 2 weeks - okay to go without dressing if desired for the second week.

Overall Guidelines

- Limit activities to allow healing. You may resume exercise 1 week after the procedure
- While you are taking pain medication, we recommend that you also take a stool softener to help minimize constipation. Do **NOT** drive while taking prescription pain medication.
- Limit cigarette smoking for the first 2 days after your procedure

Frequently Asked Questions

- **Should I let the wound “air out”?** NO- keep an adequate amount of Vaseline on the surgical site/suture line.
- **What if my bandage falls off?** Apply Vaseline and cover it with a new bandage.
- **When should I call the office?** If you have severe bleeding through the pressure bandage or if you suspect you have an infection (Redness, pain, unpleasant odor or discharge) with your surgical site.
- **What if I am not advised to return to the clinic for follow-up?** Please take a photo of your surgical site in 2-3 weeks and text to our office number, (804)326-4448. Include your name and date of birth.
- **When may I return to work?** You may return to work the next day as long as you are not requiring pain medication and your job does not require strenuous activity.
- **Any dietary restrictions?** Do not consume alcohol for 2 days after your procedure.

FLIP OVER AND SCAN OUR QR CODES FOR MORE DETAILED INSTRUCTIONS!

