

**Ada West Dermatology**  
**208-884-3376**

***Please follow these care instructions  
carefully to help ensure proper wound healing:***

**1. Wound care.**

Apply the provided ice pack or ice in a sealed Ziploc bag to your bandaged area for 15-20 minutes, then leave the bandaged area alone for 40-45 minutes. Continue this hourly sequence until bedtime of the day of your surgery. Application of an ice pack helps reduce pain and bruising.

**2. Dressing care.**

Keep the clinic-applied dressings absolutely dry and in place for 2 days. During this time, do not change the bandages whatsoever and do not get the wound wet. Immersed bandages lead to increased infection risk. After 2 days, you may carefully remove the outer bandage and cotton gauze—once the bandages are off, you may proceed to bathe as normal. Leave the suture tape (Steri-strips) that is directly over your stitches in place until your suture removal appointment. Do not apply any new bandages of your own over the exposed Steri-Strip.

**3. Pain control.**

Pain after skin surgery is surprisingly mild. Try the application of ice to reduce pain, but if it does not satisfactorily reduce your pain, take extra-strength Tylenol (acetaminophen) [2 capsules every 4-6hrs as needed]. Do not take any other additional medications containing aspirin or acetaminophen (such as Bufferin, Excedrin, Anacin, Orduis, Aleve, Motrin IB, or Nuprin) within the first 2 days as they can cause additional bleeding. However, if you are on a baby aspirin, continue to take it as you normally would. If needed, your provider will prescribe a pain medication for you to fill at your local pharmacy.

**4. Antibiotics.**

If we prescribed antibiotics, please take them as directed until all medication is gone

**5. Post-operative bleeding.**

There may be post-operative oozing or bleeding and it may stain the bandage— this is normal. If however, you have excessive bleeding and have bright red blood soaking through the bandage, apply constant and direct pressure for 30 minutes with an ice pack. If the bleeding does not stop, please call our office or your provider using the after-hours contact information.

**6. Infection Risk.**

A small degree of swelling, bruising, and redness normally occurs. If you notice spreading redness, increasing tenderness, increasing swelling, and/or yellow pus coming out of your wound, please notify our office right away.