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POST OPERATIVE WOUND CARE INSTRUCTIONS
For Sutures or Staples

- Keep dressing dry and in place for 48 hours
- Use Extra Strength Tylenol (1000mg) along with Ibuprofen (400mg) as needed for pain alternating these every 6 hours.
- After 48 hours you are to begin daily wound care as follows:
  - Remove bandage
  - Clean the wound with mild soap and water in the shower
  - Pat dry and apply small amount of vaseline daily
  - Cover with bandage
  - Repeat this daily until you return for suture or staple removal
  - Do Not let the wound dry out
  - If you begin to have irritation from the bandage, ONLY apply the vaseline but do not completely tape down the bandage
- Avoid Alcoholic beverages for 48 hours

Bleeding is always a possibility after surgery. If you see visible blood through your bandage, apply steady pressure to the area for 20 minutes. DO NOT REMOVE YOUR BANDAGE!
For uncontrollable bleeding with a saturated bandage, please go to the ER and call our office the next morning.
For questions please contact our office at 850-518-3881 during regular office hours (Mon - Thurs 8am - 430pm / Friday 8am-12pm). You can also send us a text to this number.

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POST CRYOTHERAPY INSTRUCTIONS

THE SPOTS THAT FROZE WILL FORM A BLISTER. SOME OF THESE BLISTERS WILL BE SIGNIFICANT AND SOME MAY BE ONLY BLISTER A VERY SMALL AMOUNT.

POP THE BLISTER ONCE IT FORMS. YOU MAY HAVE TO POP THE BLISTER A COUPLE OF TIMES.

ONCE THE SKIN DRIES, PEEL THE SKIN OFF. THIS WILL TAKE THE DAMAGED TISSUE OFF.

IF THE SITE COMES BACK AFTER BEING FROZEN, PLEASE CALL OR TEXT THE OFFICE AND MAKE ANOTHER APPT FOR THE SITE TO BE ASSESSED AGAIN.

SUMMIT DERMATOLOGY AND SPA
3298 SUMMIT BLVD SUITE 12
PENSACOLA, FL 32503
(850) 518-3881

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BIOPSY WOUND CARE INSTRUCTIONS

- Keep dressing dry and in place for 24 hours

- Avoid alcohol beverage for 24 hours

- Use Tylenol or Extra Tylenol and/or Ibuprofen as needed for pain

- After 24 hours you may begin daily wound care as follows:
  - Clean wound with mild soap & water (like Dove).
  - Pat dry and apply Vaseline, repeat daily
  - Do not let the wound dry out
  - Cover the wound with a bandage / bandaid

- After 7 days, you may discontinue all wound care

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GRAFT POST OPERATIVE INSTRUCTIONS

- KEEP BANDAGE DRY AND IN PLACE UNTIL YOUR FOLLOW UP APPOINTMENT.
- DO NOT REMOVE YOUR BANDAGE FOR ANY REASON
- THE BANDAGE FROM THE BORROWED TISSUE SITE CAN BE REMOVED AFTER 24 HOURS. IF GLUE IS USED ON THE TOP, THIS WILL WASH OFF OVER THE NEXT COUPLE OF WEEKS. DO NOT APPLY ANYTHING ON THIS SITE AFTER THE FIRST 24 HOURS.
- IF THE BORROWED TISSUE SITE HAS SUTURES ON IT, KEEP DRY FOR 48 HOURS. AFTER 48 hours - CLEAN WITH MILD SOAP (Dove) AND WATER. PAT DRY, APPLY THIN LAYER OF VASELINE, COVER WITH NON ADHERENT BANDAGE. REPEAT THIS DAILY UNTIL YOU RETURN TO THE OFFICE.
- Use Extra Strength Tylenol (1000mg) along with Ibuprofen (400mg) as needed for pain alternating these every 6 hours.
- Avoid Alcoholic beverages for 48 hours

Bleeding is always a possibility after surgery. If you see visible blood through your bandage, apply steady pressure to the area for 20 minutes. DO NOT REMOVE YOUR BANDAGE!
For uncontrollable bleeding, please go to the ER and call our office the next morning.
For questions please contact our office at 850-518-3881 during regular office hours (Mon - Thurs 8am - 430pm / Friday 8am-12pm). You can also send us a text to this number.

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POST OP GLUE INSTRUCTIONS

- Keep the bandage on and dry for 48 hours
- After 48 hours, Remove bandage and shower, clean the site with mild soap and water. Pat the area dry afterwards.
- NO Bandage required after this time. DO NOT apply vaseline to the area as this will make the glue come off to soon.
- The glue will wash off over the next couple of weeks.

PLEASE SEND A PICTURE OF THE SITE IN 1 WEEK
YOU CAN EITHER TEXT US A PICTURE TO 850-518-3881
OR EMAIL US A PICTURE TO NURSE@SUMMITDERMATOLOGYANDSPA.COM
PLEASE BE SURE TO INCLUDE YOUR NAME AND DATE OF BIRTH IN YOUR MESSAGE
ALONG WITH THE DATE OF YOUR SURGERY AND THAT IT IS A POST OP PICTURE
FOR ANY QUESTIONS OR CONCERNS
PLEASE GIVE OUR OFFICE A CALL @ 850-518-3881

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MOHS LOWER EXTREMITY WOUND CARE

- DO NOT remove the clear / white dressing.
- DO NOT get the dressing wet until you return to the office for suture or staple removal.
- Keep the leg elevated as much as possible for the first 48-72 hours.
- Sports wrap or coban should be worn over the clear/white dressing during the day for 1 week. TAKE IF OFF AT BEDTIME ONLY!
- Take Extra Strength Tylenol (1000mg) in addition to Ibuprofen (400mg) as needed for pain every 6 hours.
- Avoid Alcoholic beverages for 48 hours

Bleeding is always a possibility after surgery. If you see visible bright red blood through your bandage, apply steady pressure to the area for 20 minutes. DO NOT REMOVE YOUR BANDAGE!
For uncontrollable bleeding with a saturated bandage, please go to the ER and call our office the next morning.
For questions please contact our office at 850-518-3881 during regular office hours (Mon - Thurs 8am - 430pm / Friday 8am-12pm).
You can also send us a text to this number.