

Dermatology Post-Surgical Care (LEGS)

Please do not bathe or shower for 24 hours and leave all bandages/dressings intact and in place for 24 hours. After _____ you may remove all dressings.

You will have to change your dressing twice daily. Keep repeating daily until sutures are removed.

1. Remove dressing and cleanse the area with hibiclense rinse once daily in the shower
2. Mix the prescriptions, mupirocin ointment and gentamicin ointment and apply twice daily
3. Dress the area with a non-adherent gauze, paper tape and wrap area with an ACE wrap with firm pressure.

Daily Care Tips

1. Apply an ice pack over the surgical site for 20 minutes at a time, two to three times the day of surgery to decrease pain, swelling, and bruising that may occur.
2. Elevate the area as much as possible to reduce swelling above the heart on a pillow.
3. Take Extra Strength Tylenol or aspirin free pain relievers as needed for discomfort.
4. Continue taking all medication prescribed by your physician.
5. Do not resume aspirin or other over the counter products that contain aspirin or ibuprofen for 48 hours or unless advised by your doctor.
6. No strenuous activity for 48 hours.
7. Do not drink alcoholic beverages for 48 hours. Do not smoke for 3 weeks. Do not resume exercise until advised by the surgeon.

POST-OP EXPECTATIONS:

1. **Expect significant bruising, SWELLING and tenderness of surgical site and surrounding tissue.**
2. **Numbness, itchiness and sensitivity to temperature changes can occur after surgery and may take up to 18 months to normalize.**

POSSIBLE COMPLICATIONS

BLEEDING:

1. Leave the bandage in place and use rolled up gauze or a clean cloth to apply firm, direct pressure constantly over the surgical site for 20 minutes, without looking and releasing pressure, then apply an ice pack over the surgical site for 20 minutes at a time.
2. Call the on-call physician at the number below if pressure and ice fails to stop the bleeding
3. Use additional gauze and tape to reinforce bandage once the bleeding stopped.

PAIN:

1. A severe increase in pain may indicate a problem. Call the office if this occurs.

SWELLING:

1. Keep elevated as much as possible above the heart.
2. Keep leg wrapped with ACE wrap until the sutures are removed.
3. Avoid stairs as much as possible.

In Case of an EMERGENCY please call our office immediately at (315) 452-3376, Press option #1 to reach the on-call provider.

ANTIBIOTIC: _____ **Take one by mouth once every 12 hours for 7 days**

SUTURE REMOVAL: _____