



Northern Arizona Dermatology Center

POSTOPERATIVE WOUND CARE INSTRUCTIONS

1. The bandage should remain on the wound for 24/48 hours. Keep the bandage dry.
2. After 24/48 hours, remove the bandage. If the bandage sticks to the wound, remove it by soaking it with warm water. You may place another bandage on the wound after the initial 24 hours.
3. After removing the bandage, begin using an antibiotic ointment such as **Bacitracin, Polysporin, Neosporin** (if you are not allergic to them) **Aquaphor** the healing ointment or **Vaseline** twice a day. Morning and evening apply a THIN coat of ointment directly on the sutures. You do not need to use a large amount.
4. **After you remove the bandage, please take the time to log into your Patient Portal and send a message to you Doctor's Medical Assistant using the Contact Us tab. Please let them know how you are doing and if you have any questions regarding your incision. If you do not have your username and password already, please request this at check-out. They will be happy to provide it to you along with instructions on how to access your Patient Portal.**
5. You may get your wound wet. You may shower, bathe, cleanse and shave in your normal routine. It will not harm your incision to get it wet. However, when shaving the face, leave a wide margin of whiskers next to your incision. A razor can cut off the tops of the sutures.
6. We ask that you take Tylenol for pain. Do not take aspirin. If you do take aspirin on a daily basis for a cardiac condition you may continue with your regular dosage. Please do not take additional aspirin for pain; take Tylenol.
7. If you develop abnormal pain or excessive bleeding, please do not hesitate to contact our office. After office hours, our on call physician can be reached by calling (928)774-5074 or (800)469-5074, and leaving a message with our answering service. They will contact a physician immediately.

Be sure to keep your appointment for suture removal, as we want to evaluate wound healing and remove your stitches. Thank you.

Sedona
95 Soldiers Pass Rd., Ste. C-2
Sedona, AZ 86336
Phone: 800-469-5074
Fax: 928-779-0884

Northern Arizona Dermatology Center
Flagstaff
1490 N. Turquoise Drive
Flagstaff, AZ 86001
Phone: 928-774-5074
Fax: 928-779-0884

Cottonwood
450 S. Willard St., Ste. 115
Cottonwood, AZ 86326
Phone: 928-639-9596
Fax: 928-639-0189