



**saddleback**  
dermatology laser + cosmetic center

## POSTOPERATIVE INSTRUCTIONS

1. Keep the wound dry for 48 hours after surgery. Usually a bandage is applied and should be kept dry and in place during this time. You may shower if you protect the area from water.
2. Pain is usually mild and will respond to two Tylenol every four hours. Avoid aspirin, alcohol, ibuprofen, and similar pain relievers (Motrin, Nuprin, Alleve, etc.) as these may lead to increased bleeding for three days following surgery. For the first few days minimize activity and rest the area as much as possible as this will facilitate healing without complications.
3. Ice packs applied for ten to twenty minutes each hour during the first two days reduce swelling and bruising and are especially helpful if the procedure involves the area of the eyelids or lips. Elevation during this time is helpful for procedures on the legs, especially below the knees.
4. After 48 hours, remove the original dressing. You may either leave the wound open to air or bandage it lightly. At this point you may get the wound wet in the shower. Cleanse the area lightly with sterile saline (unpreserved contact lens saline works well) twice daily after which a thin film of Bacitracin or Polysporin ointment should be applied. Neosporin can cause allergic reactions but is acceptable if you have used it in the past without problems. These medications are available at pharmacies without a prescription.
5. Slight bleeding is normal and if necessary can be controlled by applying light pressure with gauze for 10 minutes. Call the office immediately if excessive bleeding, pain, swelling, redness, or drainage occurs.
6. If antibiotics are prescribed, begin them immediately and finish the entire prescription.
7. You will receive an appointment for suture removal. Depending on the location, this will be in 7-14 days. Please do not apply the antibiotic ointment on the day of suture removal.
8. Exercise and physical activity should be curtailed or discontinued during the postoperative period to reduce the chance of bleeding and infection. Specific guidelines will be given at the time of your procedure depending on the site and extent of the procedure. Please call the office if you have additional questions pertaining to your post-operative care.

Ira Bell, M.D. | Karen G. Benik, M.D. | Azin Meshkinpour, M.D., M.P.H | Kim Tang, M.D. | Sam V. Truong, M.D.

23832 Rockfield Blvd  
Suites 210 & 220  
Lake Forest CA 92630

tel 949.770.8115  
fax 949.770.9191

[saddlebackdermatology.com](http://saddlebackdermatology.com)