



Post-Surgical Instructions

1. Keep the pressure dressing in place for at least 24 hours to minimize post-operative bleeding. If you experience any bleeding, apply firm and constant pressure over the site for 20 minutes without looking.
2. Use an ice pack over the bandage, 15 minutes on and 15 minutes off, and repeat this for the remainder of the day to minimize pain and swelling. Keep the site elevated as much as possible for the next several days to decrease swelling and discomfort. For facial surgeries, sleep on an extra pillow for a few nights, and avoid bending down for 48 hours.
3. Post-operative pain is usually minimal. Only take acetaminophen (Tylenol) for pain, 2 tablets every 6 hours and no more than 4 doses in a 24 hour period. Avoid aspirin, ibuprofen (Advil, Motrin), or naproxen (Aleve), as these increase risk of bleeding. If your doctor deems it appropriate, additional pain medication may be prescribed.
4. After 24 hours, remove the dressing and cleanse the wound gently with soap and water. Apply Bacitracin and cover with a non-stick pad (telfa), and paper tape. These can be purchased at a drugstore. Repeat this daily for 1 week.
5. Finish all antibiotics if prescribed.
6. Limit activities for the next 2 weeks to decrease the risk of post-operative complications, including heavy lifting and exercise.

Pain, swelling, and bruising are a normal part of the healing process, but if your wound becomes increasingly tender or swollen, please call the office right away Or after hours Dr. Coven on his Cell phone 631-681-3331

Rendon Center for Dermatology & Aesthetic Medicine
(561) 750-0544
1001 NW 13th St.
Suite 100
Boca Raton, FL 33486