

Dr. Stadler's Wound Care

1. After 24 hours remove pressure bandage, **DO NOT** remove steri-strips (butterfly bandages).
2. Apply Telfa non-stick pad, gauze and then bandage with tape.
3. Repeat daily for 3 days (after shower).
4. Showering is OK after 24 hours
5. Try not to do any activity that "pulls" on the stitches.
6. Steri-strips usually fall off in 1-2 weeks. If still on after 2 weeks you can remove them.
7. If dissolving stitches were used they should start to break apart within 2-4 weeks after surgery.
8. You should use an ice pack to help manage swelling and pain. (5 times per day for 10 minutes at a time for two days)



640 W. Moana Ln, Reno, NV 89509 - 775-324-0699
3950 G.S. Richards Blvd, Carson City, NV 89703 - 775-882-8777
801 E. Williams St Ste 1101, Fallon, NV 89406 - 1-800-784-0422

Wound Care Instructions

From all providers at

The Skin Cancer
&
Dermatology Institute

Caring for your wound/stitches

1. After ____ day/days remove your dressing and wash your wound gently with mild soap and water, then pat the site dry with a clean towel after showering.
2. Using a Q-tip apply a layer of ointment to the wound area.
3. Cover the wound with a bandage.
4. Care for your wound site once or twice daily; for at least 7 to 14 days.
5. A small amount of bleeding can be expected during the first couple of days. If bleeding occurs, hold direct pressure on the site for 30 minutes, without looking.
6. Use an ICE-PACK to help manage swelling and pain.

Please schedule an appointment for removal of your stitches _____ days from the date they were put in.

MOHS Post Surgery Instructions

1. Keep bandage clean and dry. Remove 24 or 48 hours after procedure. After removal, gently clean area with mild soap, water and a Q-tip, dry and apply ointment provided by our office, followed by a clean bandage. It is important for the healing process to keep the area clean and “greased” up with ointment.
2. Apply ice pack to area for 48 hours following procedure. Apply until area is cold, remove, let area warm and reapply continuously for 48 hours. A bag of frozen peas works well as an ice pack.
3. Keep head above your heart for the next 48 hours. Sleep with two pillows under your shoulders/head.
4. No aspirin, smoking or alcohol for at least 48 hours after procedure.
5. Avoid any activities that elevate your heart rate.
6. With any facial or head surgeries, there is a possibility of bruising, black eyes, and significant amounts of swelling to the general area. This is normal and should be expected.
7. If you take Coumadin, Aspirin, or Plavix, please resume taking it 48 hours after procedure, unless otherwise instructed by doctor.
8. For pain you may have been given a prescription, or may take Extra Strength Tylenol ONLY. It is important to take your pain medications with food. When you are in pain your blood pressure increases and puts tension on the stitches.

**AVOID ASPIRIN, IBUPROFEN,
ADVIL AND ALEVE, WHICH CAN
INCREASE BLEEDING.**

If you have a wound or stitches please phone your doctor if:

- **Excessive bleeding occurs;** this means the bleeding continues after pressure has been applied for 30 minutes by the clock and still continues to bleed through a large bandage.
- **If you observe any of the following:** Redness, excessive swelling or bruising, excessive pain that is not controlled by Tylenol, Pus-like drainage that smells bad or is odd colored, flu like symptoms, or any other signs or symptoms that feel abnormal.

If you had a MOHS procedure please phone your doctor if:

- **If bleeding occurs or bandage is soaked with blood,** apply constant pressure and ice for 30 minutes. If it continues, call the office immediately.
- **If you observe any of the following,** call our office: excessive pain that is not controlled by your pain medication, pus-like drainage that smells bad or is odd colored, flu-like symptoms, any other signs that you feel are abnormal.

If the wound opens, contact the office immediately.

Please call the office with any questions or concerns any time. We have a physician on call 24 hours a day.