



SUNFLOWER
DERMATOLOGY & MEDICAL DAY SPA

Brian Matthys D.O., Molly Menser D.O., Nicholas Rudloff D.O., Lynn Swafford P.A.,
1805 NW Platte Rd Ste 120, Riverside, MO 64150
(816)472-0400, fax (816)472-0813

Wound Care Instructions for Post-Surgery

1. A pressure dressing has been placed over the operative site. Leave this in place for 48 hours to minimize the possibility of infection; please do not get the dressing wet.
2. After 48 hours, remove the bandage and cleanse the operative site daily with soap and water or half hydrogen peroxide and half water. Apply a thick layer of Vaniply Ointment (available at Sunflower Dermatology) and a non-stick dressing such as Telfa. Adhere the non-stick dressing with skin tape. A wound kept moist with ointment heals with a better scar than one that is allowed to dry out. Wounds kept moist with ointment also hurt less than wounds that are allowed to dry out or scab. Please keep the area moist and covered until your sutures are removed.
3. Bleeding, bruising, swelling, and pain may be normal following this procedure. If any bleeding is noted, apply continuous pressure to the area for 10-15 minutes. If this does not stop the bleeding, call 816-472-0400. If the office is closed, follow the instructions given on the recording for contacting Dr. Matthys, Dr. Menser, or Dr. Rudloff.
4. Please use a cold pack to the area for 10 minutes each hour for the first 24 hours. This may help minimize bruising, tenderness, or swelling to the area.
5. Please return to the office for the suture removal appointment that you scheduled upon leaving the office.
6. If you are having problems related to your treatment that cannot wait until your next appointment, please call 816-472-0400.
7. You may take Tylenol for pain as directed on the package. A small amount of pain, bruising, or discomfort is normal for this procedure. Please do not take ibuprofen, Advil, Aspirin, or Aleve for pain as these may cause additional blood thinning and bleeding.