

# JOSEPH J. THORNTON, MD 302-866-7546

## Discharge instructions for skin procedure:

### Dissolvable/Absorbable Sutures:

- Your wound closure has been performed today with small buried/dissolvable sutures. Steritapes have been applied over the wound at this time. A small bandage has been applied over the top of that.
- Remove outer bandage and leave the white Steritapes exposed and shower in **48 hours**. No tub bath.
- At that point you can apply a bandage over the top or simply leave the Steritapes exposed. Somewhere between 3 and 10 days they will begin to come off. At that point any small exposed sutures can either be left open or covered with a small bandage/band aid.

### Skin Surface Sutures:

- Your wound closure has been performed today with skin sutures placed on the skin surface. A Band-Aid or small bandage has been applied over the top of that.
- Remove the outer bandage and shower beginning in **24 or 48 hours**. No tub bath.
- At that point you can leave the sutures exposed and apply a small amount of either first-aid antibiotic (Neosporin, bacitracin, triple antibiotic) or plain Vaseline. Alternatively you can choose to cover it with a small Band-Aid or bandage. Do not do both, the combination of ointment and Band-Aids is too moist.

### Skin Graft Site:

- Your wound closure has been performed today with skin graft. This means you have 2 surgical sites.
- The location of the cancer where the skin graft has been placed has a small yellow bandage sutured in place. Any additional bandage over the top of this can be removed after 24 to 48 hours however the **yellow bandage** must stay in place and **MUST REMAIN DRY** until seen in office.
- Oral antibiotics will be prescribed.
  
- **Activity:** No exercise or strenuous work until cleared by the office.
- **Elevation:** Elevate head, arm, leg as much as possible.
- **Leg Surgery:** It is extremely important to limit time up on your feet, elevate leg as much as possible, significantly limit your activity to limit swelling and help healing.
- **Anesthesia:** Local anesthesia normally wears off in 1-2 hours but may last up to 8 hours.
- **Diet:** Eat normally, do not drink alcohol for 24 hours after procedure. If taking antibiotic, take with food.
- **Bleeding:** Apply firm continuous pressure over the bandage. This may take up to 20 minutes to stop. For excessive bleeding call our office at 302-645-7435; for dizziness or vomiting/passing out call **911**.
- **Pain:** Discomfort is expected. You can ice the area for 20 minutes each hour. Over the counter Tylenol and ibuprofen (Advil/Motrin) can be taken. Do not use aspirin.
- **Concerns:** If your wound becomes red, warm, painful or has drainage or you experience a fever of 101 degrees or greater please contact the doctor. Also for any questions please contact the office.
- **Smoking:** Please refrain from smoking as this adversely affects your healing ability.

Newark: 2600 Glasgow Ave, Suite 107 (entrance 5), Newark, DE 19702

Elkton: 111 W. High St. Suite 207, Elkton, MD 21921

Rehoboth: 18947 John J. Williams Highway, Suite 306, Rehoboth Beach, DE 19971

Patient: \_\_\_\_\_ Date: \_\_\_\_\_

Follow Up: Mon Tue Wed Thur Fri \_\_\_\_\_ at \_\_\_\_\_

Signature: \_\_\_\_\_ Clinician: \_\_\_\_\_