

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 or you can choose to cover it with a small Band-Aid or bandage. **DO NOT USE** any topical antibiotic (Neosporin, bacitracin, triple antibiotic) or Vaseline or Aquaphor. We find it best to just **LEAVE IT OPEN TO AIR**.

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 302-866-7546; 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) or Aspirin can be taken.
- **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

Lewes: 17005 Old Orchard Rd, Lewes, DE 19958 (Enter Cape Medical Group Building)

Patient: _____ Date: _____

Follow Up: Mon Tue Wed Thur Fri _____ at _____

Signature: _____ Clinician: _____