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Diplomate of the American Board of Dermatology
American College of Mohs Micrographic Surgery
and Cutaneous Oncology
American Academy of Cosmetic Surgery

Dermatology
Mohs Micrographic Surgery
Laser Surgery
Cosmetic Surgery

**HOME CARE INSTRUCTIONS FOR SUTURED WOUNDS ON THE
BODY**

1. After surgery, go home and take it easy (no exertion, lifting, bending or straining)
2. Do not drink *any* alcoholic beverages or take any aspirin or aspirin-like products (Motrin, ibuprofen) for one week. If you need medication to control your pain take extra strength Tylenol or an aspirin-free pain reliever. No smoking for 7 days following surgery. Smoking will cause a delay in wound healing.
3. Remove the bulky pressure dressing after 2 days. This dressing needs to remain secure and intact to prevent bleeding. If the dressing comes loose you will need to reinforce the bulky dressing with tape.
4. Under the bulky pressure dressing, you will find strips of tape. Do not get the strips of tape wet until one week has passed; you may wash carefully around the dressing.
5. After one week, you can remove the strips of tape from the wound and you will apply **bacitracin or Aquaphor ointment** (which can both be purchased over the counter) to the wound with a large band-aid.
6. While sitting for long periods and sleeping, keep your wound site or limb elevated as much as possible.
7. Do not sleep on the same side of the body as the wound
8. You will return to the office in 2 weeks for suture removal.

IN CASE OF EMERGENCY:

During regular office hours call (858) 278-8835 Walter K. Nahm, M.D., Ph.D.

After hours and on weekends: You can call the doctor on his cell phone, (619) 318-0952.

Specializing in Cosmetic & Medical Dermatology

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