

**LASER & SKIN SURGERY CENTER**  
**DISCHARGE INSTRUCTIONS**

PATIENT NAME: \_\_\_\_\_ ID NO: \_\_\_\_\_

**I. DAILY WOUND CARE**

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**General Wound Care.**

- **Keep wound dry for the first 24 hours then change the dressing.**
- Always wash your hands with soap and water before changing the dressing.
- Cleanse the surgery site with mild soap and water at every dressing change.
- Apply a thin layer of ointment once daily with a Q-tip. Cover with a clean dry dressing until sutures are removed.
- **If bleeding should occur, place firm pressure on site for 20 minutes.** Then place another dressing on top of the existing dressing.
- Should redness excess ¼” width, pain, drainage or odor persist, for more than a few days please call the office for appointment.
- Apply ice continuously as possible for 3 - 4 days.
- Limit activity including sports, exercise and heavy lifting for a few weeks to allow the wound to help and avoid dehiscence.
- Stop smoking and avoid alcohol consumption for 1-2 weeks.
- If applicable elevate extremity 1 -2 weeks.
- If applicable our recommendation of a post op laser treatment would be in 6-8 weeks.
- Your wound has sutures buried underneath the skin to provide strength. Sometimes a suture may extrude through the skin, prior to its normal absorption time of 90 days. Call the office if this occurs to schedule an appointment

**Graft Wound Care.**

- **DO NOT ALLOW STERILE BOLSTER TO GET WET.** Avoid area when washing or taking a shower.
- We will have you come back in 24 hours after your surgery to change the dressing for you.
- You should change the dressing once daily thereafter until you have a follow-up appointment with us.  
**Note: Apply a thin layer of ointment around the base of the bolster and cover with dressing.**

**II. POST-OP MEDICATION (Please Check)**

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- BACTROBAN topically once a day x \_\_\_\_\_ days
- POLYSPORIN topically once a day x \_\_\_\_\_ days
- DURICEF 500 mg p.o. twice a day x \_\_\_\_\_ days
- CIPRO 250 mg p.o. twice a day x \_\_\_\_\_ days
- MONODOX 100 mg p.o. twice a day x \_\_\_\_\_ days
- STRATAMED topically twice a day to surgery site after cleaning wound. Apply a small amount and then cover with a dressing
- STRATADERM topically twice a day apply a thin layer and let dry. This will be done two weeks after sutures are removed for 60-90 days.
- TYLENOL 1000mg every 8 hours and then MOTRIN 400mg every 4 hours with food as needed for pain. Max of 3 days.
- OTHER \_\_\_\_\_

**III. FOLLOW-UP (Please Check)**

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- HILTON HEAD  OKATIE  OTHER \_\_\_\_\_

**IV. QUESTIONS PLEASE CALL (843) 689-9200 Monday -Thursday 8:00am to 4:30pm, Friday 8:00am to 11:30am**

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**V. EMERGENCIES AFTER 5PM ONLY**

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- (843) 290-4927 *Make a phone call. Do not text or e-mail.*

**If unable to reach any one at the above number, go to the emergency room.**

**VI. SUMMARY**

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I have received a copy of this wound care sheet and have had all of my questions answered.

\_\_\_\_\_  
Patient Signature or Legal Guardian

\_\_\_\_\_  
Date