



## POST-OP PATIENT INSTRUCTIONS FOR OFFICE PROCEDURES

1. There has been a gauze pressure dressing placed over the surgical site, you may remove this in 3 to 4 days.
2. After 3-4 days, you may get the area wet with water, no scrubbing.
3. Pat dry with a clean towel and then **apply Vaseline and a bandage until it comes off and repeat until you are seen for suture removal. ONLY CHANGE WHEN FALLS OFF ON ITS OWN.**
4. No straining, stooping, exercising or heavy lifting for at least 3 days after procedure. No vigorous exercise or heavy lifting until follow-up for suture removal.
5. Applying a bag of frozen vegetables for 10 minutes throughout the day will help with pain and swelling the first 2-3 days after procedure.
6. If you experience any bleeding apply steady, non-stop pressure for 30 minutes to surgical site. If bleeding continues please call our office or doctor.
7. You will experience some pain at the surgical site, usually during the first 2 days. Take Tylenol every 4-6 hours as needed. For an adult, do not take more than 4 grams of Tylenol (acetaminophen) in 24 hours to prevent liver injury. If you have persistent pain, please contact our office or doctor.
8. Watch for signs and symptoms of infection such as increasing pain, redness, warmth, pus, fever. Please contact the office if you have any concerns. Infection usually does NOT occur until 7-14 days AFTER surgery.
9. Please schedule a follow-up appointment for suture removal in \_\_\_\_\_ weeks.

Contact Dr. Daffer, Amy Dietrich PA-C, Crystal Oberle PA-C, Emily Kruse PA-C, Alyssa Mrsny PA-C at (605) 217-5500 if you have further questions or problems.

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