



Deborah J. White, MD PC
Aesthetic & Reconstructive Surgery

POSTOPERATIVE INSTRUCTIONS FOR MINOR SURGERY

1. You may remove dressings and shower 24 hours after your surgery, unless you are specifically told otherwise. Do not soak wounds, although you may gently clean them with soap and water.
2. Keeping the wounds clean and free of crust makes them heal better and with better scars. It also makes suture removal much easier.
3. If the wounds are exposed to a dirty environment, please apply a light gauze dressing to protect them.
4. Keep your incisions protected from the sun. Healing incisions that are exposed to the sun may be permanently darkened.
5. If you are given an prescription for antibiotics, please be sure to take the medication for the full length of time prescribed.
6. All wounds leave scars. Proper care of your wound will maximize the probability of your healing with minimal scars; although individual healing is unpredictable.
7. Please contact our office if you notice signs of infections, such as redness, swelling or increasing pain or if you have any questions about your follow up care.
8. No make-up should be used within one inch of the incision area until instructed otherwise.
9. Watch for any significant or alarming swelling, redness, drainage or bleeding in the surgical areas. Also note any pain that is out of the range of expected discomfort. If any of this occurs, contact us immediately through the office phone number at any time, day or night.
10. We advise no alcohol for 72 hours following surgery and no aspirin, ibuprofen or naproxen for 2 weeks after surgery. Tylenol may be taken every three to four hours as needed for discomfort. If another prescription is written for you, please follow the directions as they are written on the bottle, for both pain and antibiotics.

If you have any questions or problems at any time, please call the office at (480) 614-3535.

APPOINTMENTS:
