

**BAKERSFIELD DERMATOLOGY & SKIN CANCER  
MEDICAL GROUP  
5101 Commerce Drive, Suite 101  
Bakersfield, CA 93309  
(661) 327-3756**

**AFTER YOUR SURGERY**

1. It is best to stay home and rest the remainder of the day following your surgery.
2. Pain: Usually, post-operative pain is mild. We recommend Extra Strength Tylenol. We may also prescribe a stronger pain medication if needed. Do NOT take Aspirin or Ibuprofen for pain.
3. Keep the surgery area at rest as completely as possible during the first twenty-four (24) hours following surgery. For example, if surgery is performed on the cheek, your diet for the next 24 hours should consist of liquids and soft foods, which require little, if any, chewing.

**DRESSING CHANGE INSTRUCTIONS**

1. Remove the dressing: one, two or \_\_\_\_\_ day(s) from now and wash the area gently with mild soap and water.
2. Pat the surgical site dry, being careful not to rub the area as this may cause bleeding.
3. Apply Aquaphor ointment to the surgical site and cover with a bandage. We do not recommend Neosporin or any other ointment containing neomycin as this often causes allergic reactions.
4. Follow these instructions daily until your next appointment \_\_\_\_\_ days from now.
5. If there is any bleeding, redness, swelling, pus or excessive pain, please call the office immediately.
6. Be sure to return for your post operative care as you have been instructed – failure to do so may cause problems.
7. Swelling: All procedures on the forehead, scalp, around the nose, eyes and cheeks may lead to swelling around the eyes. This may not occur for 24-48 hours after surgery. We recommend ice packs to reduce swelling. If you have been instructed to apply an ice pack to the surgical site – keep the ice pack on the surgical site for fifteen (15) minutes, remove it for thirty (30) minutes and repeat the cycle until bedtime.

**Please call if you have any questions that are not answered by these instructions.**