



University of Missouri Health Care

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DR RAZA

Comments on the Post-Operative Period:

1. Slight swelling and redness often appear around the wound. This is normal and will disappear within several days following the surgery.
2. The healing wound will drain a brownish-yellow red discharge during the healing. This is a normal phase of wound healing. As the wound begins to heal, the drainage may increase in amount. Again, this drainage is normal. Notify us if the drainage develops a foul odor.
3. If you should experience mild discomfort during the healing phase, you may take an aspirin-free medication such as Tylenol, Datril, or Anacin 3. Notify us if the discomfort is severe or persistent. Avoid alcoholic beverages when taking pain medication.
4. Normally it takes an average of 6 to 8 weeks for the wound to heal completely.
5. If your wound has been stitched, we would like for you to take a few extra precautions for the next week.
 - a. Sleep with your head elevated on pillows.
 - b. Do not bend over or lift heavy items.
 - c. Do not participate in especially strenuous activities.
 - d. Apply ice packs to the area for 20 minutes of every hour while awake for the first 24 hours.

In case of wound hemorrhage:

A wound hemorrhage is when the bandage suddenly becomes soaked with bright, red blood and flows profusely. If this should happen to you, sit down or lie down with your head slightly elevated. If the wound has a dressing on it, do not remove the dressing. Apply pressure to the existing gauze. If the wound is not covered, apply pressure with a gauze pad. Apply continuous pressure directly on the wound for 30 minutes. **DO NOT COVER THE WOUND WITH A LARGE TOWEL OR WASH CLOTH.** After 30 minutes of continuous pressure, release your hand from the wound site. If the bleeding has stopped, gently clean around the wound, but **DO NOT** remove the dressing at this time.

If the bleeding does not subside, notify the CMS clinic **(573) 882-6144** between the hours of 8:00 a.m. and 5:00 p.m. On weekends, holidays, or after 5:00 p.m., call the University of Missouri Health Care operator at **(573) 882-4141** and ask for the Dermatology Resident **"On Call"**. Explain to the resident that you are a CMS patient and what the problem is. If you live a long distance from Columbia, you should notify your personal physician or go to your local emergency department.

Remember:

Almost all-skin cancer (96%) is caused by previous sun exposure. Now that you have had skin cancer, you have a 1 in 4 chance of getting another cancer in 2 years. The best way to protect your skin from further sun damage is to religiously apply sunscreen every morning to your sun exposed areas. Women can apply it under their makeup and men after they shave. Continue to use whatever sunscreen you like on a daily basis and as directed.