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Surgery Aftercare Instructions

1. Leave the initial bandage on for 48 hours. After this you may leave the area uncovered, unless otherwise specified by Dr. Warthan.
2. If there is any bleeding, apply firm pressure for 10 minutes to the area. If this does not stop the bleeding, call our office or Dr. Molly's cell at the numbers listed below. If you are unable to reach a doctor and your bleeding persists, please go to your nearest Emergency Room.
3. After removing the dressing, you may start washing the area with soap and water.
4. Begin using the vinegar compresses. See directions for soaking below. Do this twice daily for 1 week, then once daily or as needed for 1 week, then you may discontinue.
5. Remember to keep the surgery site protected with **Polysporin** ointment. Do this twice daily following vinegar soaks for 2 weeks.
6. If any excess bleeding, redness, opening of the wound or excess swelling occurs, please contact our office.
7. Take your antibiotics prescribed to you by Dr. Warthan for 7 days, unless otherwise specified.
8. You may take pain medication every 4-6 hours as needed for pain. Please be sure to eat a small snack or meal prior to taking pain medication. It can cause nausea if taken on an empty stomach.

Post Operative Instructions:

Do you take aspirin? If you do, we ask that you not take aspirin for 48 hours unless your family doctor or cardiologist feels you should continue it. You may take Tylenol Extra Strength or Tramadol for pain. It is NOT necessary to discontinue other blood thinners.

Do you drink alcohol? If yes, we ask that you NOT drink alcohol for 3 days after your surgery. This may increase your tendency to have post-operative bleeding at your surgery site.

Is this wound on your head? If it is we ask that you not bend over for 2-3 days. This may cause excessive bleeding.

Physical Activity and exercise? Please do not exercise or exert yourself with physical activity for 10 days after surgery. This includes working in the garden, jogging, dancing, swimming, weight lifting, golf, etc. Please do not lift anything over 10 pounds.

DIRECTIONS FOR SOAKING

Mix 1 tablespoon white vinegar with 1 pint warm water to make solution. With a soft cloth or gauze, soak affected area for 10 minutes with dilute vinegar solution. After each soak, apply Polysporin. Repeat twice daily for one week, then once daily or as needed for one week. Then you may discontinue.

During normal business hours and after hours call our office at (817)-923-8220. After hours the answering service will contact Dr. Molly Warthan. You may also call Dr. Warthan's cell phone at (214)-862-0017. If you have a concern and can't reach her, please go to your nearest Emergency Room.