

## Post-Surgical Instructions: Skin Care for Rash

After surgery, some patients may notice a **red, itchy, or bumpy rash** on the skin. This can be caused by:

- Adhesive tape or surgical dressings
- Antiseptics, soaps, or topical products used during or after surgery
- Medications, such as antibiotics or pain relievers
- Skin sensitivity during the healing process

Most rashes are **mild and temporary**, but it's important to care for your skin and know when to call us.

### Keep the area clean and dry

- Gently wash with mild, fragrance-free soap and lukewarm water.
- Pat (do not rub) the skin dry.

### Soothe irritation

- Apply a cool compress to the area for 10–15 minutes as needed.
- Take oral Zyrtec as directed on your medication instruction sheet. You can also take Benadryl 25mg orally 2-3 times a day.
- Famotidine (Pepcid): 20 mg orally twice daily for 3-7 days
- A thin layer of fragrance-free 1% hydrocortisone cream can be applied to the rash for itching.
- Topical zinc oxide cream (Balmex, Desitin) can also be applied as a skin protectant
- Topical CeraVe Anti Itch Moisturizing cream or lotion can be used as well

### Protect your skin

- Avoid scratching — this can slow healing or cause infection.
- Do not apply perfumes, scented lotions, or harsh creams over the rash.
- Avoid hot showers, saunas, or excessive sun exposure until the rash improves.

### When to Call Our Office

Please contact us if you notice any of the following:

- Rash spreads rapidly or worsens
- Severe itching that does not improve with home care
- Blistering, open sores, or oozing
- Fever, chills, or feeling unwell
- Swelling of the lips, tongue, or difficulty breathing (**Call 911 immediately**)

### Follow-Up

- Once a rash develops, it will naturally progress through its full course before it improves. Treatments can help ease symptoms, but they do not make the rash disappear immediately.
- If no improvement is noted with over the counter medication, a prescription cream or steroid pack may be necessary.
- Keep your scheduled post-op visits so we can check your healing.