



## WOUND CARE FOLLOWING SKIN SURGERY

- Ice the wound area for 20 minute intervals as needed for pain and swelling. You may apply the ice pack directly over the bandage, but be careful not to cause the bandage to fall off.
- Take Tylenol every 4 hours if needed, for pain. Do not exceed the recommended dosing listed on the bottle. Avoid aspirin and ibuprofen for 48 hrs after the procedure as they may increase your risk of bleeding.
- Avoid any activities that elevate your heart rate in the first 48 hours. Avoid any heavy lifting or activities that put strain on your stitches for 2 weeks after the surgery.
- If your procedure was done on your face, sleep as upright as possible for the first few days. Try propping up your head with extra pillows or sleeping in a recliner.
- Always wash your hands prior to caring for your wound.
- Remove the bandage 48 hours after the surgery unless instructed otherwise. Once the bandage has been removed, you may begin taking showers.
- After bandage removal, begin cleaning the wound at least once daily with mild soap and water. Use a Q-tip or clean gauze to gently remove any dried blood or excess crusting, then rinse well with tap water. If crusts remain, use a 50/50 solution of hydrogen peroxide and water to gently remove crusts. Dip a Q-tip in the solution and gently roll it over the crusts until they are removed. Continue these steps until the wound is completely healed.
- After cleaning the wound, apply a coating of Aquaphor or Vaseline (Petroleum Jelly). Keep ointment on the wound at all times and apply a bandage for at least 7-10 days. After 7-10 days, you may apply Aquaphor or Vaseline only without a bandage if it is healing appropriately. I do not recommend Neosporin or other topical antibiotics as they can cause an allergic reaction.
- If you start to bleed from the surgical site, apply direct pressure for 20 minutes without looking at the wound. If it is still bleeding, repeat for 20 minutes. You may also try applying pressure with an ice pack for 20 minutes. If you are unable to stop bleeding, please call our office.
- Your surgical site will develop inflammation and a pink to red color as it is healing. This is normal and is not a sign of infection unless accompanied by other symptoms. True signs of infection include increasing pain days after the surgery, wound feeling hot to the touch (not just warm, but hot), draining of pus, and fever. If you develop these symptoms, please call our office.

- Avoid hot tubs, swimming, or soaking in a bath tub for two weeks following your surgery.
- Please call if you do not have an appointment to remove stitches. All stitches should be removed within 2 weeks.
- We will likely provide you with any pathology results for your excision via a text message unless additional coordination of care is needed based on the results. If you have not heard from us with results within 2 weeks, please contact our office.