



## 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 Ibuprofen or Tylenol every 4-6 hours as needed, for pain. Do not exceed the recommended dosing listed on the bottle. You may alternate dosing of Ibuprofen and Tylenol allowing you to take a pain medication every 2-3 hours for better pain control.
- 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 at least 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.
- Remove the bandage 48 hours after the surgery unless instructed otherwise. You may soak the bandage in the shower to help remove it if needed.
- Always wash your hands prior to caring for your wound. 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.
- 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 the ointment only without a bandage if it is healing appropriately. Neosporin or other topical antibiotics are not recommended 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 bleeding continues, repeat for another 20 minutes. You may also try applying pressure with an ice pack. 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.

- Once your pathology results are received, you will receive a text message notifying you to call our office for the results. If you have not heard from us with results within 2 weeks, please contact our office.