



### Excisional Wound Care Instructions

The dressing should remain in place for 24 hours. If the dressing comes loose before then re-tape it carefully.

**Pain:** Post-operative pain is usually minimal. Extra Strength Tylenol, two tablets every four hours, usually relieves any pain you may have. Do not take ibuprofen (Motrin, Advil), Naprosyn (Aleve) or aspirin as these may increase your chance of bleeding 24-48 hours following surgery.

**Bleeding:** Careful attention has been given to your wound to prevent bleeding. The dressing you have on is a pressure dressing and will also help to prevent bleeding.

You may notice a small amount of blood on the edges of the dressing the first day and this is NORMAL. Relax and limit your physical activity for the first 48 hours after surgery. Keep your head elevated for 48 hours if the surgery was on the scalp or face.

If the bleeding seems persistent and soils the dressing, apply firm steady pressure over the dressing with gauze or a washcloth for 15 minutes (BY THE CLOCK). This is usually adequate treatment. If bleeding persists call our office at (802) 864-0192. After hours the answering service will take your call and contact the dermatologist on call for you.

**Wound Care:** The suture line should be cleansed daily with mild soap and water. You may gently loosen any crusts with a cotton swab. Pat dry. The first day the wound may be tender and may bleed slightly or ooze a small amount of clear fluid. For stubborn crusting place a wet cloth over the wound for 5 minutes to soak and loosen crusts.

Apply a thin layer of Vaseline or Aquaphor over the wound. Cover the wound with a Telfa (non-stick) dressing or gauze pad and a piece of paper tape. It is important to keep the wound covered.

You may shower after 24 hours and allow the wound to get wet, unless instructed otherwise. Do not let the forceful stream of the shower hit your wound directly.

You will be instructed as to when to return to our office for suture removal.

**Appearance:** There may be swelling and bruising around the wound, especially if it is around the eyes. For your comfort you may apply warm, moist soaks to the bruises a few times a day starting the 3<sup>rd</sup> day after surgery.

The area may remain numb for several weeks or even months. You may also experience itching or “pulling” sensations around the wound as it heals.

The suture line will be dark pink at first and the edges of the wound will be reddened. This will lighten up day by day and will be less tender. If the wound becomes increasingly inflamed, warm, drains a pus-like substance or if you develop fever or chills, please call our office immediately.

We will call you with the laboratory results usually in 7-10 days. If you do not hear from us in two weeks please call for a report.