

## **Excision Wound Care Instructions**

*These instructions will help prevent infection and speed the healing process.*

1. Keep the dressing that we applied in our office in place for 48 hours.
2. **DO NOT ALLOW WATER ON THE BANDAGE** for the first 48 hours
3. Apply ice packs to the surrounding area for 20 minutes every 1-2 hours for swelling if needed.
4. Starting in two days, change the dressing **ONCE A DAY** at bath time. Take the bandage off before your shower or bath, and allow soap and water to run over the site to clean it.
5. If crusting is noted clean the sutures with 3% hydrogen peroxide and Q-tips. The object of the cleaning is to prevent crust or scab formation on the stitches. Use as many wet Q-tips as necessary. Dry the wound with Q-tips or gauze.
6. Apply petroleum jelly (vaseline) to the length of the sutures using Q-tips. The wound should then be covered with Telfa gauze/ non stick dressing cut to the size of the wound. Secure this with paper tape.
7. If the surgical area is on the head and neck, sleep with head elevated on 2-3 pillows. If the site is on the leg, sit with that leg elevated as much as possible.
8. Avoid alcohol, anti-inflammatory medications (Ibuprofen, Motrin, Advil, Aleve), and herbal supplements for two days after surgery. You may take Extra Strength Tylenol for pain.
7. Avoid bending, lifting, exercising or smoking for one week. Avoid weight lifting for two weeks.
8. When you return to have your sutures removed no further wound care is necessary
9. If you experience bleeding, take some clean gauze and press directly on the wound for 20 minutes (without peeking, watch television to distract yourself.) If the wound is still bleeding, apply pressure for another 20 minutes. If this does not stop the bleeding, call the office following the instructions below.

### **During the Healing Process**

- A low grade fever (99-101°) may develop. Extra strength Tylenol, two tablets every four hours, may be used. Avoid anti-inflammatory products (Advil, Motrin).
- The area may remain numb or be mildly itchy. You may also experience periodic discomfort around the wound as part of the healing process.
- The edges of the wound will be pink and tender. If the redness spreads from the edges outward and the wound because very tender or begins to drain pus, call our office immediately.
- After you have been instructed that your healing wound no longer needs to be covered, apply a sunscreen at least SPF 30 when you go outdoors.
- Please remember that your follow-up visits are very important.

**For questions please call our office (215) 485-5713.**