



DERMWELLESLEY

Post-Procedure Care: Caring for your wound after SURGERY

Information for patients

Right after surgery:

- Leave the bandage on your wound for 48 hours after your procedure; keep it clean and dry
- You may shower 48 hours after your procedure. Do not take baths, go in hot tubs, or swim until your wound is completely healed and sutures removed
- You may apply an ice pack on the wound for 10-15 minutes several times a day for the first 24-48 hours to reduce pain, swelling, and redness
- If you have tape strips over your wound, do not peel them off. They will fall off on their own in about one week

Managing post-operative symptoms:

- Pain: You may have mild pain and swelling after your procedure. To relieve discomfort, you may take acetaminophen as per the directions on the package. If acetaminophen does not relieve your symptoms, you may alternate with NSAIDs such as ibuprofen
- Bleeding: It is normal to have bruising following the procedure. If you develop bleeding from the excision site apply firm pressure with a clean washcloth or gauze for 15 minutes. If the bleeding does not stop, repeat this step two more times. If you continue to have bleeding, call the office

Dressing your wound:

- Wash with soap and water daily after your bandage is removed
- Apply thick vaseline to the wound
- Cover with bandage
- Change the dressing every day

Activity restrictions:

- Avoid heavy lifting or strenuous exercise until sutures are removed
- Depending on the site of your excision, your doctor may also recommend against certain exercises or movements (such as running or lifting weights) until the area is completely healed to prevent wound dehiscence and poor scar cosmesis

Suture removal:

- Please return to the office for suture removal in 7-14 days, as instructed at checkout
- If you have dissolving sutures placed you do not need to return to the office, the sutures should dissolve over the course of 1-2 months

Call the office if:

- You have bleeding at the excision site that does not stop with the steps listed above
- You develop signs of infection such as redness, pain, swelling, and yellow drainage that will not go away

Our Office:

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