

## **WOUND CARE INSTRUCTIONS AND BIOPSY RESULTS**

### **WOUND CARE**

#### **Step 1: Cleanse**

Take the bandage off after one day. Begin gently cleaning the area once a day with soap and water to remove the dried blood or crust. The shower is a good place to do the cleaning.

#### **Step 2: Moisturize**

Apply Vaseline ointment to keep the wound "greasy" as wounds heal faster if they do not dry out. Antibiotic ointments such as Neosporin and Bacitracin are universally not recommended because they may cause allergic reactions in some individuals

#### **Step 3: Protect**

Apply a bandage. If there are stitches, continue using the ointment until the stitches are removed. If there are no stitches, use the ointment until there is no more crust forming. Wounds on the back and leg take longer to heal. Exposing the wound to air to dry out and form a scab is **not** recommended.

### **HELPING THE HEALING**

You can take Tylenol if you experience pain after the procedure. Avoid aspirin or Motrin as these medications can increase bleeding. Ice packs may minimize swelling, especially for surgery done on the face. Without taking off the bandage, use an ice pack for 10-15 minutes per hour on the affected area until bedtime. Ice should be wrapped in a plastic and then a cloth to avoid burning your skin and wetting your bandage. Elevate the part of the body that has had surgery, to minimize bleeding and swelling. If the surgery is on your face or head, use several pillows to sleep on the first few nights, to keep blood draining out of the head instead of into it. Remember not to bend over as well.

### **IF YOU HAD STITCHES**

If you had a surgery with the placement of stitches, you must be careful not to overstretch the area. As the wound heals, it will be weaker than the surrounding skin and can even "pop open" if stretched too much. This risk of opening up is greatest from the time of the surgery until about 7-10 days after the sutures are removed. Arrange your schedule so that the area of the body operated upon will be relatively inactive for that period of time. This usually applies to exercise routines or sports activity. Avoid heavy lifting.

### **IF YOU START BLEEDING**

If bleeding starts put continuous pressure on the area for 20 minutes. If bleeding continues, hold pressure for an additional 20 minutes. If bleeding still continues, contact the Dermatology Department. If it is after hours contact Urgent Care or the Emergency Department.

### **SIGNS OF INFECTION**

A small area (1/4-inch) of redness is a normal part of the healing process. If you experience more redness, swelling, pain, pus, or drainage contact the Dermatology Department immediately.

**BIOPSY RESULTS**

We will notify you as soon as we receive your biopsy results, which can take about 2 weeks and sometimes longer. If you have not heard from us after 2-3 weeks please contact the Dermatology Department.