

### **Post-Operative Instructions for Excision**

Your wound has been closed with dissolving stitches under the skin and a layer of non-dissolving stitches on the top.

Please return to the office in \_\_\_\_\_ days for removal of the top stitches.

The sutures buried below your skin and will dissolve slowly in the coming months. During that time, you may feel that the scar is lumpy, hard, or firm. This is normal and will improve as the sutures dissolve. As the wound heals, observe the scar line for any spit sutures. This can look like a pimple or raised bump within the scar. If this occurs, please contact our office for an appointment.

#### **Supplies**

- Vaseline
- Non-stick bandage pads (e.g. Curad Non-Stick Pads, Band-Aid First Aid Covers Non-Stick Pads)
- Paper tape (e.g. Nexcare Micropore tape)
- Cotton swabs

#### **Wound Care:**

1. Wash your hands thoroughly with antibacterial soap, or use hand sanitizer, before and after each dressing change.
2. Keep the dressing dry and intact for 48 hours after surgery.
3. After 48 hours you may remove the old dressing to shower. We prefer you wait close to 48 hours to change your bandage. Shower with the bandage off. The use of soap and water is necessary.
4. Use a cotton swab to gently cleanse the area with warm water.
5. If crusting starts to develop, you can use warm tap water soaks to soften the crust for 15 minutes and then follow dressing instructions.
6. Cut a non-stick pad to fit the exact size of the stitches or wound.
7. Apply Vaseline to the non-stick pad and place over the area.
8. Cover the non-stick pad with paper tape. The ***bandage must be airtight*** to promote faster wound healing.

9. Keep head or extremity elevated to decrease swelling. Apply ice over your bandage 20 minutes out of every hour while you are awake and as much as possible in the first 24 hours after surgery.
10. Bleeding is rare, but if it should occur, lie down and apply firm pressure to the site for 15 minutes by your watch. DO NOT lift pressure to check on bleeding until 15 minutes have passed. If the bleeding is continuing despite your efforts, you are not pushing hard enough or the pressure is not being exerted in the right area. *If bleeding continues, call the office (856) 596-0111 immediately. If it is after hours, you will speak with the person on call. You may be instructed to return to the office or to the nearest emergency room.*
11. It is completely normal to have some swelling and redness around the wound site. Swelling will be worse 2 days after surgery. This will gradually disappear over the next few days to a week. Some drainage from the wound will occur. This will usually stop after a few days.
12. Most patients have mild or minimal pain after the procedure. For this you may take acetaminophen (e.g. Tylenol or Extra Strength Tylenol) as directed on the package. AVOID products containing ibuprofen (e.g. Advil, Motrin), or naproxen (e.g. Aleve) for at least 48 hours following the procedure.
13. Cigarette smoking constricts blood vessels and inhibits wound healing. It is recommended that you do not smoke during your healing time after surgery.
14. Avoid any strenuous lifting, stretching, straining, or bending over during the first week post surgery.

*If you have any questions or are concerned about your surgical site, please call the office at (856) 596-0111 or text us via Klara at (856) 481-7851 or via our website at [www.hmgsderm.com](http://www.hmgsderm.com)*