



DERMATOLOGY AND DERMATOLOGIC SURGERY

Post-Operative Instructions for Excision with Adhesive Glue

Your wound has been closed with dissolving sutures under the skin and a layer of adhesive glue on top.

The sutures are 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.

The **adhesive glue** has been applied to the surface of the wound to promote faster healing. It is important to keep the wound **dry** as it heals. Brief showers are allowed; however, **DO NOT SOAK** the area containing the tissue adhesive. After showering, gently pat the area dry with a towel. Do not take baths, swim, or use hot tubs. Do not use any soaps or ointments on the wound until it has healed (i.e., **NO VASELINE, ANTIBIOTIC OINTMENT, LOTIONS, ETC.**).

- Do not scratch, pick, or rub the adhesive. It will rub off naturally in 5 to 10 days.
- Do not place tape over the adhesive.
- Protect the wound from further injury until it is healed.
- Protect the wound from prolonged sunlight exposure. Do not use tanning lamps while the film is in place.

Supplies

- 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)

Wound Care:

1. You may remove the pressure dressing after 24 hours. Keep the tan bandage **CLEAN** and **DRY** for **48 hours** after surgery.
2. Keep your head or the extremity elevated to decrease swelling. Apply ice over your bandage 10 minutes out of every hour while you are awake and as much as possible in the first 24 hours after surgery. Use a sealed baggy over a towel or frozen bag of peas.
3. After 48 hours you may remove the tan bandage to shower and begin dressing changes.
4. Wash your hands thoroughly with antibacterial soap, or use hand sanitizer, before and after each dressing change.
5. A **dry** non-stick bandage pad should be applied to a dry skin. You may need to trim the non-stick pad to better fit the area. Do not apply tape or Band-Aid directly to the adhesive glue.

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6. 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.
7. 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.
8. Cigarette smoking constricts blood vessels and inhibits wound healing. It is recommended that you do not smoke during your healing time.
9. Drinking alcohol can thin the blood and increase risk of bleeding as well as poor wound healing and increase the risk for infection. Please avoid alcohol for at least 24 hours before and after your surgery.

If you have any questions or are concerned about your wound, 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