



SKIN & BEAUTY CENTER
Cosmetic, Medical and Surgical Dermatology

DermlA.com

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WOUND CARE INSTRUCTIONS

1. Do not disturb or remove the Band-Aid/Dressing for 24 to 48 hours.
2. Some swelling and bruising around the site is normal. If the procedure was on your face, you should sleep on 2-3 pillows the first two nights to keep your head elevated and decrease the swelling.
 - a. It is common to develop a black eye and/or eyelid swelling if the surgery was performed anywhere on the face.
3. Some staining of the Band-Aid/dressing is normal. Try to keep the biopsy/surgical site clean and dry for at least the first 24 hours.
 - a. If the dressing gets excessively wet or soiled: remove the dressing, apply Aquaphor or Vaseline ointment and cover with a new band aid or dressing.
 - b. If any bleeding is noted, apply twenty (20) minutes of continuous pressure to the wound (do not let go for 20 minutes). If this fails to stop the bleeding, contact the office immediately.
4. If you experience pain, you may take Tylenol (acetaminophen) or extra strength Tylenol ONLY. DO NOT take any other pain medications without consulting our office (NO aspirin, Motrin, Advil, Ibuprofen, Aleve, etc).
5. 24 to 48 hours after the procedure:
 - a. Remove the Band-Aid/dressing carefully while in the shower or after showering.
 - b. You may clean the area with soap and clean tap water. Do not use or apply other products like Hydrogen Peroxide.
 - c. Apply Vaseline ointment, Aquaphor or Petrolatum at least four times a day on the site.
 - d. You do not need to keep the area covered after the first 24-48 hours but you can if you want to hide the scar/stitches.
6. If you have stitches, avoid the following:
 - a. Strenuous activity, exercise and heavy lifting for at least 2 weeks. Minimizing the amount of movement will help the wound heal and will improve the appearance of the scar.
 - b. Alcohol for the 3 days after your procedure.
 - c. Ice or heat to the wound or bandage as this may result in bleeding.
7. We may apply steri-strips (special tape) after your stitches are removed. You can get these wet but be gentle around the area. These will fall off on their own in about 4-7 days. You may remove them gently if they do not fall 7 days after they are placed.
8. You must continue using Vaseline ointment, Aquaphor or Petrolatum at least three times per day for a total of 6 weeks after your stitches are removed or steri-strips fall off. This will help the healing process.
9. **Please call the clinic during business hours or 818-842-8000 after hours if you have any of the following:**
 - a. excessive bleeding (over 20 minutes)
 - b. excessive pain
 - c. pus in or around the site of the procedure
 - d. questions or concerns

Laboratory results are usually available in two weeks. Please call us if two weeks have passed and you have not received your results.

PLEASE NOTE: All pathology/laboratory work will be billed by an outside laboratory separate from the doctor's bill. If you have any questions about your laboratory bill, you must contact the laboratory directly.