

## **WOUND CARE FOLLOWING PUNCH OR EXCISION DERMATOLOGIC (SKIN) SURGERY**

- Please remove the dressing or bandage 24-48 hours following the surgery. Once the bandage has been removed, you may begin taking showers.
- Begin twice-a-day (morning and evening) cleansing of the wound, using mild soap and water. Do this using a Q-tip™ or clean gauze. Gently cleanse to remove any dried blood or excess crusting; rinse well with tap water. Do this until there is no fresh or dried blood. Continue cleansing with a mild soap or water until the wound is completely healed.
- Adequate cleansing will prevent a thick scab from forming. This is important since a thick scab is destructive to good wound healing and may lead to a more noticeable scar.
- After cleansing, apply a coating of Vaseline® or Neosporin®. Keep ointment on the wound at all times until the stitches are removed. Apply a bandage over the wound for the first five to seven days.
- Most wounds may be left uncovered after the stitches are removed. However, wounds that are on an area of the body that becomes easily irritated should be covered with a bandage during the daytime for an additional five to seven days. This bandage can be removed at night.
- Allow any scab formation to fall out on its own. Do not pick at it.
- Avoid hot tubs, swimming, or taking a bath for two weeks following surgery.
- Your doctor will tell you when to return for stitch removal. The results of your biopsy should be available at the time (refer to your appointment slip).
- Ice the wound area for 20 minute intervals within the first 24 hours after the procedure.
- Take Extra Strength Tylenol every 4 hours if needed, for pain. Do not use Advil® (ibuprofen), Aleve® (naproxen sodium) or aspirin for the first 48 hours after your surgery.

### **When to call the Doctor**

Call the Dermatology Center at 208.467.3006 if you notice any of the following:

- Severe inflammation (spreading redness, tenderness, swelling, or warmth that last more than 24 hours).
- Red streaks near the wound.
- Increased bloody drainage
- Green or yellow drainage, or a foul smell coming from the wound
- A fever that continues for more than 24 hours.

If you have any questions or concerns, call the Dermatology Center of Canyon County