

Hill Center for Dermatology, PC

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SUTURE WOUND CARE:

- **You will need:** Polysporin or Centany (or Vaseline or Aquaphor) and Band-aids.
- Keep wound dry for 24 hours.
- Cleanse the surgical area daily with mild soap and water. Then apply Polysporin (or alternative) ointment with a Q-tip and fresh Band-aid/bandage.
- Ice applications may help with the pain and encourage healing. Apply ice every hour for 10-15 minutes throughout the evening (3-4 times).
- If original dressing comes off, re-apply or apply a new one.
- If surgical wound is anywhere on the head, try to sleep with your head elevated. This will minimize swelling.
- It is important that you return at the designated time to have the sutures removed to minimize scarring.

POST OPERATIVE INSTRUCTIONS:

- **Activity:** Avoid all strenuous activities and exercises until sutures (stitches) are removed.
- **Bleeding:** If bleeding occurs, do not remove the bandage. Apply continuous firm pressure with a clean cloth for 15-20 minutes. If the bleeding persists, repeat the pressure for an additional 20 minutes. If bleeding still continues, notify our office immediately. Drinking alcohol and taking aspirin can cause excess bleeding. Do NOT drink alcohol for the first five days after surgery. It is best to avoid aspirin and aspirin-containing products or ibuprofen for the first five days as well. It is recommended to take Tylenol (acetaminophin) for pain.
- **Infection:** Some soreness and redness is expected. If the area becomes very sore, red and/or hot to the touch, or you have a fever, please call our office. It is possible the area is infected.
- **Bruising and Swelling:** There may be a bruise near or around the site. This is normal and may last up to 2 weeks. Swelling is also normal. It usually increases for the first 24-48 hours and then begins to improve. Please call our office if the swelling reappears or worsens.
- **Suture Removal:** Generally your suture removal appointment is scheduled with the Medical Assistant. If the provider feels that he or she needs to see you, your appointment will be changed to a regular visit and a co-pay will be collected.
- **Results:** Biopsy results generally can take 7-10 business days. We will call when we have received results. If you have not heard from our office by then, please feel free to call and inquire about your results.