

HUNTERDON DERMATOLOGY, LLC

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Post Procedure Care: Surgical Excision

Surgery Site Care:

1. Following the surgery, leave the dressing or bandage in place for 24-48 hours, keeping it clean and dry.
2. 24-48 hours after surgery, perform the following wound care to the site:
 - a. Gently remove the dressing
 - b. Wash the affected area with soap and water or a mild cleanser.
 - c. Pat dry.
 - d. Apply a soothing ointment like Vaseline to the site.
 - e. Due to an increased risk of allergic reactions, do not use Neosporin or Bacitracin unless directed by your dermatology team.
 - f. Cover with a new bandage or non-stick gauze and paper tape.
 - g. Repeat daily until the site has healed with no secretions on the gauze or the sutures have been removed.
3. If the bandage gets wet, please replace it. Do not leave a soaking wet bandage in place or infection will develop.

Limitations on Activities:

1. Avoid heavy lifting (more than 10 pounds) and strenuous activity until the surgery heals, usually 1-2 weeks. These activities can stretch the wound causing a poor scar or increase the risk of bleeding/hematoma and infection.
2. Do not take a bath, soak in a hot tub, go swimming, or submerge the surgery site under water until the surgery heals completely, usually 1-2 weeks.
3. Refrain from smoking to promote better healing.

Pain Management:

1. For any pain or discomfort after the procedure, you may take acetaminophen (Tylenol or Extra Strength Tylenol), following the instructions on the packaging.
2. Do not take aspirin, ibuprofen, naproxen or alcohol as these may promote bleeding.

Call our office at 908-782-1647 for any concerns noted below:

1. If bleeding occurs, hold firm pressure with a gauze to the site for 10-20 minutes. If the bleeding does not stop after 20 minutes of firm pressure, call our office.
2. Call our office for any signs of infection including:
 - a. pus or increased drainage
 - b. increased pain around the surgical site
 - c. increased redness or red streaks that develops around the surgical site
 - d. swollen lymph nodes near the surgical site
 - e. fever/chills
3. If you have not received your results 14 days after your procedure, please call our office.