

## **Post-Operative Wound Care**

Keep area bandaged and dry for 24 hours after the biopsy or excision, and then change the dressing twice daily as follows:

1. Cleanse the wound with soap and water or sterile saline twice a day.
2. Dry the wound and apply Aquaphor, Polysporin ointment, Betadine clear, Bacitracin ointment, or Petroleum Jelly (Vaseline). **DO NOT USE NEOSPORIN** (Due to high risk of allergic reactions)
3. Wound healing is 40% faster with less scarring if kept covered until new skin is formed, usually within 10 days.
4. Take Tylenol or Extra Strength Tylenol for pain if necessary.
5. If bleeding should occur, apply 20 minutes of constant pressure. If bleeding does not stop, call the office at **239-444-DERM (3376)**.
6. Avoid aspirin and aspirin-like products such as Advil, Aleve, Motrin, etc. for 24 hours if you have had an excision per your cardiologist or primary care physician's approval.

### **FOR EXCISION PATIENTS ONLY:**

**Activity Level:** NO vigorous activity for 48 hours after surgery. LIMITED activity for 6 weeks after sutures are removed. NORMAL activity may resume the 7<sup>th</sup> week following surgery.