

POST-OPERATIVE INSTRUCTIONS - SKIN BIOPSY and SURGERY

1. Shower or bathe the day following surgery and each day thereafter. Prior to entering the water, remove any dressings and allow the water to hit the wound directly (or indirectly if this is uncomfortable.)

FOR BIOPSY SITES and SURGERY WITHOUT STITCHES

The purpose is to rinse the wound to remove any oozing and crusting. If there is excessive oozing (which is common the first few days), the rinsing in the shower or bath may be performed more than once. If a scab forms it means that you are not rinsing enough and the wound should be exposed to the water for longer periods of time. It is not necessary to apply soap directly to the wound, but if soapy water gets on the wound, it is OK.

FOR SURGERY WITH STITCHES

Clean the area gently with a hydrogen peroxide soaked Q-tip. Try to remove any debris that collects on the stitches.

2. Gently dry the area and apply a layer of ointment (polysporin or bacitracin or aquaphor) onto the wound.

3. Cover the wound with a non-stick pad and tape or if small enough, a regular band aid or a hydroseal band aid.

Except when showering, bathing, or rinsing, the wound must be covered at all times and not exposed to air. Exposing the wound to air will promote scab formation and slow healing.

REPEAT THE ABOVE STEPS AND KEEP THE WOUND COVERED UNTIL IT HEALS

If you have had surgery with sutures: DO NOT take aspirin, ibuprofen or aspirin related medicines or drink alcohol until the sutures have been removed as this will increase the chance of bleeding. DO NOT engage in sports or other strenuous activities until permitted by your doctor.

After cryosurgery (freezing with liquid nitrogen): You can expect a great deal of swelling and oozing for the week after the procedure. This is normal after cryosurgery. Swelling of the eyelids is common for treatment around the eyes and on the forehead.

Depending on the extent of the surgery, there may be some soreness for the first few days. If necessary, take Tylenol every 3-4 hours as needed. You should expect some oozing of the wound, redness and discomfort the first few days following surgery. However, if there is excessive pain, itching, swelling or bleeding, expanding redness or tenderness around the wound, or pus draining from the wound, contact the office.