

## Directions

---

- Keep the site clean and dry and do not remove the original dressing for 24 hours.
- After 24 hours you may shower daily. Gently wash the surgical site with soap and water in the shower or at least once daily.
- Apply petroleum jelly to the clean wound with a clean finger or cotton-tipped applicator one to 2 times per day.
- Use a dressing to cover the wound. When cleansing is only needed once or twice a day, additional petroleum jelly may be added as needed to keep the wound moist.
- At the direction of your provider Tylenol or Ibuprofen can be taken for pain if needed.

**Repeat these instructions daily until the wound is healed. This may be anywhere from 5-20 days.**

**For wounds that were not sutured (stitched), these will actually heal better and scar less if kept clean and covered with petroleum jelly.**

## Bleeding

---

If bleeding occurs, apply firm pressure to the site. Direct pressure should be applied to the wound. Five minutes should be adequate if the bleeding is minor and the wound is small. However, if the wound is larger and the bleeding is more severe apply pressure for 10 min. It is best not to discontinue the pressure to see if the bleeding has stopped until 10 min. had passed. If the bleeding continued, removed the patch and press directly with a clean gauze pad over the bleeding site. If bleeding soaks through the gauze or is not stopped by firm pressure, call your doctor or go to an Urgent Care Center.

## Watching for Infection

---

If you noticed pus or discharge coming from the wound this may be an infection. This is particularly worrisome if you develop a fever and the wound is red and painful, swollen, and warm. Other signs of infection could be red streaks from the wound, increased pain, and painful or swollen lymph nodes. If there is any suspicion of having an infection, call your doctor.

## Bathing

---

You may shower daily after the first 24 hours have passed. You may wash with soap and water on the second day. Please take a shower instead of bath if you have stitches or skin tape on your incision. Generally towel dry after washing.

## Wound Healing

---

After the lesion has healed you can stop dressing changes. The wound may remain red and will slowly fade over the next few weeks or months. Sometimes it can take 6 months to one year for the redness to completely fade.

You may experience a sensation of tightness as your wound heals. This is normal and will gradually go away. After the wound has healed, frequent, and gentle massaging of the area will help to loosen scar. Sometimes the surgery involved small nerves may take up to a year before feeling returns to normal. Only rarely will the area remain numb permanently. Your healed wound may be sensitive to temperature changes. This sensitivity improves with time but if you are experiencing a lot of discomfort, try to avoid temperature extremes.

You may experience itching after your wound appears to have healed. This is due to the healing that continues under the skin. Petroleum jelly may help to relieve the itching. Try not to scratch the wound since this may cause it to repeat open.

## Special Instructions for Wounds & Sutures

---

After surgery, go home and take it easy (avoid exertion, bending, lifting, or straining). Be careful not to accidentally cut the sutures, especially while shaving.

## Special Instructions for Wounds on the Face with Sutures

---

It is perfectly normal to have bruising or discoloration around the surgery site, especially if the wound is around the eye area. Do not be alarmed by this, it will eventually fade and return to normal color.

**Return to office to have sutures removed in \_\_ days.**