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Diseases and Surgery of the Skin

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## POST OPERATIVE INSTRUCTIONS

Caring for your biopsy or surgical site will help with successful healing of the wound. Please follow the instructions below for the procedure you received. Always wash your hands with soap and water before treating your wound site.

If your surgical sight begins bleeding, lie down and apply firm, direct and **continuous** pressure for 20 minutes. Perform this procedure twice. If bleeding does not stop, call our office.

Call our office at 205-838-1811 if signs of infection occur (swelling, heat, increased pain or yellow discharge).

### Post Biopsy or Cryosurgery Wound Care

If you have a bandage we placed, keep it intact until your next shower. Cleanse the wound gently with mild soap and water, rinse, then pat dry. Apply a small amount of clean Vaseline with a q-tip then cover with a new band-aid. Keeping the wound moist with Vaseline will prevent a thick scab from forming, allowing the area to heal quickly with minimal scarring. (We recommend Vaseline because extended use of antibiotic ointment can cause of rash type reaction). If a blister or scab forms, do not remove it. Allow it to heal on its own and continue the care as described. Your site can be tender to the touch during the 2 to 4 week healing process. You should expect to see a thin rim of redness around the edge of the site while it is healing. This is normal unless accompanied by signs of infection listed above.

### Post Surgery Wound Care

If your surgery was on your neck or head, keep your head elevated on two pillows when you lie down during the first 48 hours. For all surgeries, for the first 48 hours:

- Leave the bandage we placed in tact; hold an ice pack on the site for 15 minutes, 3 times a day
- Do not take aspirin, ibuprofen, or any other non-steroidal anti-inflammatory medication for pain unless directed to do so. You may take Tylenol (acetaminophen) or the pain medication prescribed to you, but not both
- Avoid unnecessary bending over or heavy lifting as these may cause bleeding or swelling

For the next 1 to 2 weeks, do not do any vigorous exercise or activities that might put your stitches under additional stress. These activities, along with sweating, may interfere with healing.

After 48 hours, remove the bandage. If needed, soak it in the shower to remove. Cleanse the wound gently with mild soap and water, rinse, then pat dry. Apply a small amount of clean Vaseline with a q-tip then cover with a new band-aid or non-stick (Telfa) dressing and paper tape. Continue the wound care until your follow up appointment. Keeping the wound moist with Vaseline will prevent a thick scab from forming, allowing the area to heal quickly with minimal scarring.

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