

## MINOR WOUND Care Instructions (v5/09)

1. Change dressing *once daily* (or \_\_\_\_\_), as instructed below.  
Keep your wound dry for the first *24-48 hours* (except for any dressing changes before then).  
After *24-48 hours*, you may get your wound wet. (Avoid bathing or swimming for 5-7 days for sutured wounds; showering is permitted 24 hours after most sutured wounds unless specified otherwise.)  
Whenever the wound gets wet, the dressing should be changed as instructed below.  
If your wound has stitches, please avoid activities that cause tension / pulling of the stitches for 1-2 weeks.
2. Cleanse the wound with **hydrogen peroxide (or sterile saline)** using **Q-tips or gauze pads**.  
If wound is near your eye or skin graft, use sterile saline only (Avoid hydrogen peroxide in your eye/s.)
3. Dry the wound with **gauze pads** or a clean towel and apply a thin layer of **Polysporin** (or **Bacitracin** or alternative) **antibiotic ointment** using Q-tip(s).  
\* Do not substitute or use **Neosporin** (containing) OR **Triple antibiotic ointment** (because they are associated with a 10-15% allergic reaction rate.)
4. Expect some swelling, redness, yellowish drainage, pain and/or tenderness in and around the wound that should gradually decrease after a few days, but may persist longer (weeks) and then disappear.  
Healing may take several weeks or more.
5. Take **Tylenol** *1-2 tablets every 4-6 hours* as needed for any discomfort.  
Avoid **aspirin**, aspirin containing products, **Advil**, **Nuprin**, **Motrin**, and **ibuprofen** for *48 hours* after surgery.
6. Bleeding after surgery is rare, but should it occur, apply firm *uninterrupted* pressure with a clean gauze or towel to the wound for *20 minutes*. If bleeding has not stopped at this time, apply pressure for *30 more minutes*.  
In the rare event that bleeding still continues, call our office or go to the *nearest* emergency room for assistance.
7. If swelling, redness, and/or tenderness of the surgical site persist (without any apparent healing or improvement since initially after surgery) for more than a week or increases after a few days to a week, contact our office as this could represent a wound infection.  
(Remember, however, the process of healing evokes inflammation (redness, swelling, discomfort / mild itching) and may take up to several weeks or more to improve and/or resolve.)

Schedule a follow-up appointment with us in \_\_\_\_\_ days / week(s).

\* If specimen(s) was/were sent for pathologic examination for diagnosis (such as to diagnose skin cancer), this process usually requires 1 week, but may take longer (up to 2 weeks).  
If the specimen turns out to be a skin cancer or other diagnosis that requires additional discussion, work-up and/or treatment, we will inform you of such results by telephone or other means as soon as possible.  
Otherwise, if the specimen is benign (i.e. not cancer) and / or requires no additional work-up and / or treatment, we will not contact you of such results. (In other words, no news is good news.)  
However, should you have any concerns about healing, please return for follow-up examination as soon as possible.  
Additionally, as a general rule, if wound/s has/have not healed by one month and/or if at any time in the future a removed lesion recurs, then you should return to our office for re-evaluation.  
Once healed, the wound may be pink to red for a variable time. Avoid sun and/or wear sunscreen (SPF 30 or >) until color fades.  
Makeup to conceal the healing wound may be applied at this point as well.  
Scar fading topicals (e.g. **Prosil** available at our office) may be applied twice daily for 3-6 months after healing to reduce scar.  
Red and/or thickened scars may be improved with several monthly BBL/Laser treatments; an optional, non-covered service we provide.  
(Retreatment / additional treatment of removed lesion/s is not unusual and is always charged again, as is customary.)

If you have any questions or concerns, please do not hesitate to contact our office:

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