

# After Care Instructions for Skin Procedures

Patient: \_\_\_\_\_ Date: \_\_\_\_\_ Acct #: \_\_\_\_\_

## **Signs of Infection**

Swelling, Heat, Redness, Drainage of Pus, Red Streaks, Excessive Tenderness

Call our office immediately if any of the above signs develop or if you have any questions. If bleeding occurs, hold continuous pressure for 30 minutes. Call our office if it persists, **727-868-2151**.

## **Skin Biopsy Wound Care**

Keep the bandage in place and dry for 24 hours; then you may bathe normally. After washing your hands with soap and water, gently clean the area with a mild cleanser and water daily and apply a drop of Aquaphor®, Vaseline® or petroleum ointment. Repeat one to two times daily for 7 to 10 days or until wound is healed. Wounds should be kept covered with bandage at all times. Do not allow the wound to air-dry in order to prevent scab formation. For wounds that are sutured, continue wound care daily until sutures are removed and return to the office as instructed. Please return to our office in two weeks for follow-up and discussion of results.

## **Wound Care after Liquid Nitrogen/Cryosurgery Treatment**

There is no required wound care after liquid nitrogen treatment. Expect your treatment site/s to become red and slightly swollen soon after treatment. The site of the treatment may crust or blister. This is normal and to be expected. Do not pick at the blisters or remove the top of the blister or scab. You may bathe normally after treatment. It is optional to apply Vaseline or Aquaphor one to two times daily for 7 to 10 days or until area is healed. You may cover the blisters with a bandage if desired. Avoid touching or manipulating the area. Treatment sites will always look worse before they look better! A faint pink spot will be present that will slowly fade away after several weeks to months. Watch for signs of infection. There may be a need to repeat the treatment if the lesion/s does not resolve in one month. There are no physical limitations associated with this procedure.

## **Curettage Wound Care**

Keep your bandage dry and clean for 24 hours, unless otherwise directed by your medical provider. After 24 hours, you may bathe normally. After washing hands with soap and water, gently clean the area with gentle cleanser and water two times a day and apply Aquaphor, Vaseline, petroleum ointment or antibiotic ointment. Keep covered with a bandage and ointment until healed. Do not allow the wound to air-dry in order to prevent scab formation and delayed healing. Surgical sites and new scar tissue may remain red for weeks to months depending on location. Watch for signs of infection. There are no physical limitations associated with this procedure.

## **Wound Healing**

Wounds on the lower leg tend to heal slowly and could take several months or more. Sun exposure to healing wounds may cause permanent darkening of the site. Avoid smoking in order to aid in wound healing.

## **Sun Safety Tips**

- Try to avoid the sun between 10am-4pm, this is when the sun's rays are strongest
- Apply broad-spectrum mineral sunscreen with Sun Protection Factor of at least 50
- Reapply sunscreen every 2 hours when outdoors, even on cloudy days
- Wear protective, tightly woven clothing, such as a long-sleeved shirt and pants
- Stay in the shade whenever possible
- Avoid reflective surfaces that can reflect up to 85% of the sun's damaging rays
- Protect children by minimizing their sun exposure and applying sunscreen beginning at six months of age
- If you see any moles change in size, shape or appearance or a wound that fails to heal after 1 month, see a dermatology provider
- Remember the **ABCDE** rule: Asymmetry (one half of the mole doesn't match the other); Border irregularity; Color that is not uniform; Diameter greater than 6 mm (about the size of a pencil eraser); and Evolving size, shape or color