

Wound Care Instruction Sheet

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Following your dermatological surgical procedure, good wound care can lead to less chance of infection, irritation, and discomfort and can, possibly, improve the resulting scar. Here are my suggestions:

1. The surgical area should remain covered with the original bandage for 24 hours. Do not get the area wet.

2. Take acetaminophen, like Tylenol, at the recommended dosage and times if you have any pain. Do not take an aspirin-containing pain reliever (such as Motrin or Advil, etc.) as these could “thin your blood” and cause bleeding at the site. You may have a “pins and needles” sensation when the local numbing medication wears off.

3. Carefully remove the bandage after 24 hours. It may help to get the edges of the bandage wet before removing it to decrease the discomfort of removal. You can use mild soap and water to clean around the area, but do not scrub. Hydrogen peroxide can be used if there is a “brownish crust” on the surgical area; otherwise, using hydrogen peroxide is not necessary since it can damage healthy cells and slow the healing process.

4. Apply Bacitracin, Polysporin, or Neosporin to the surgical area twice a day. If the surgical site is in an area where it might get rubbed or irritated, you can cover the area with a bandage; otherwise, you can just apply the ointment. Remember that some people are sensitive to topical antibiotics (especially Neosporin) and/or Band-Aids, so if you notice itching and redness in the area where you’re applying the antibiotic or Band-Aid, then one or both may be causing a sensitivity reaction.

5. Repeat steps 3 and 4 for seven to ten days for sites on the head and neck area and for ten to fourteen days on the rest of the body. Typically, if you have sutures on the head and neck, they will need to be removed in seven to ten days; sutures on the rest of the body are usually removed in ten to fourteen days.

6. Please contact your dermatologist if you notice any of the following at the surgical site: a spreading redness (it’s normal for your wound to be red around the edges during the healing process), excessive pain or excessive pain when touching the site, or the drainage of pus or blood from the wound. Be sure to contact your doctor if you have a fever or chills.