



Department of Dermatology
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Postoperative Instructions

A. For wounds treated with liquid nitrogen:

1. For pain, you may take Tylenol, Motrin (Advil), Aspirin, Bufferin, etc.
2. Any area treated with liquid nitrogen will tend to blister. If desired, the blister may be punctured with a needle or pin passed through a flame first to sterilize it.
3. A blood blister may appear at the site. This is a sign that the treatment is successful. It may be punctured, but it is better not to remove the top of the blister.
4. After liquid nitrogen, a crust or scab may form which will take from 7-25 days to fall off. Some crusts may scab and fall off repeatedly. Do not pick the scab off before it is healed.
5. Some redness around the site is natural. If there is marked pain or swelling, please call the office.

B. For wounds from shave biopsy and/or electrocautery (not stitched):

1. Wounds treated by electrocautery tend to look worse during the first 7-14 days. They will often have a yellowish discharge that looks like, but is not, pus. They are often surrounded by a ¼ inch area of redness. This is a normal part of a healing wound.
2. Wash the wounds gently with soap and water, then apply Aquaphore Healing ointment or antibiotic ointment* and a new bandage 1-2 times per day.
3. The wounds may be covered if moist or left open to air as soon as a crust appears. However, wounds tend to heal better with ointment and may be covered with a bandaid or non-stick dressing such as Telfa.
4. If they bleed, firm, gentle, continuous pressure should be applied for 20 minutes.
5. If a crust forms, it will fall off in 10-30 days.
6. If the wound is very tender, red or swollen, contact the office, as you may have an infection.
7. For pain, you may take Tylenol.

C. For wounds with sutures (stitches):

1. After 24 hours, you may get the area wet (shower, shampoo).
2. Soak off any crust with soap and water for 5 minutes.
3. Reapply the Aquaphore healing ointment or antibiotic ointment* once per day.
4. Apply an adhesive bandage or telfa dressing daily.
5. Your doctor will remove the stitches in 5-14 days, depending on the surgery location. You must make a return appointment.
6. For pain, take Tylenol. Do not take aspirin or Ibuprofen-containing medications (i.e., Exedrin Anacin, Motrin, or Advil)
7. If bleeding occurs, don't dab the wound. Apply constant, firm pressure with a clean cloth or gauze for 20-30 minutes at a time.
8. At the first sign of infection (pain, redness, swelling, tenderness, or pus) please call the office.
9. **REMEMBER—any surgical procedure can result in complications of bleeding or infection, so if you have any question, don't hesitate to call the office at 415-444-2939.**

Your suture removal appointment is on

DATE: _____ TIME: _____

*Aquaphore Healing Ointment, Polysporin, or Double Antibiotic Ointments are available over the counter without prescription