



MEDICAL | SURGICAL | COSMETIC

190 North Pointe Blvd., Suite 1
Lancaster, PA 17601

LANCASTER SKIN CENTER, P.C.

POST-OP WOUND CARE INSTRUCTIONS
(Excision)

1. Keep area dry for approximately 48 hours.
2. After 48 hours, the area may get wet but avoid prolonged water exposure (avoid swimming and tub bathing).
3. After 48 hours, remove the gauze dressing and clean the wound gently with mild soap and water. If there is a crust over the wound, gently soak the crust off with a Q-tip dipped in hydrogen peroxide. Apply Aquaphor ointment to the wound and reapply clean gauze with bandage tape (ex. "paper tape") or a suitable Band-aid. Use hydrogen peroxide thereafter only if there is a crust present, to remove the crust. Keep the wound moist with Aquaphor ointment every day and keep covered with a clean bandage until you come back to get the stitches removed.
4. If bleeding occurs at any time after surgery, apply continuous pressure for 20 minutes. If the bleeding continues, notify us right away.
5. AVOID any strenuous activity for 2-3 weeks after surgery (no heavy lifting, strenuous exercise).
6. Avoid alcoholic beverages for the first 5 days after surgery. If you should experience any discomfort or pain, you may take Tylenol (1-2 tablets every 6 hours).
7. If the area should become very sore or red, please notify us.
8. It is not unusual for there to be a bruise around the wound site that will last for 2-5 days.

If you have any questions, please call 560-6444.

Visit our website at www.lancasterskincenter.com