



5823 Widewaters Parkway, East Syracuse, NY 13057

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## Wound Care Instructions following Excision

### Excision

1. Please leave your initial dressing on for the first 24 hours after surgery. Keep it clean and dry. Do not get the dressing wet.
2. After 24 hours remove the dressing that was placed on your skin at the time of surgery. It is often helpful to do this in the shower after getting the dressing slightly moist with warm water. Do not get the dressing "water logged" as this can lead to wound breakdown.
3. After removing the dressing, wash the wound gently with soap and water. Current research has shown that scab formation inhibits wound healing and leads to more noticeable scars. This is contrary to the old belief that many of us grew up with: that scabs were "good." Do your best to prevent scab formation.
4. After cleaning the wound put a generous amount of Vaseline directly on the wound using a fresh Q-tip. Then cover the wound with a clean non-stick (Telfa, release, etc.) dressing. Some wounds do not require a dressing after the first 24 hours. If your wound does not need a dressing, you will be instructed of this at the time of your surgical procedure. Otherwise, place a dressing on your wound as instructed on this form.
5. Repeat this procedure daily until your return for your follow-up visit (unless directed otherwise at the time of surgical procedure.)
6. If you are able to take Tylenol (acetaminophen) for any post-operative pain you may experience. Please avoid alcohol and aspirin-containing products for 48 hours after your surgical procedure because these can increase the risk of post-operative bleeding. This includes Ecotrin, Bufferin, Motrin, Advil, Nuprin, Ibuprofen, etc.
7. Please avoid any exercise while the sutures are in place. Walking is fine, but avoid any activity that increases your heart rate or makes you sweat.
8. If you notice any bleeding after your surgery, place firm pressure over the wound for 20 minutes using a dry towel or washcloth. Do not remove the dressing. Once the bleeding has stopped, you may reinforce the dressing with some gauze. If the bleeding does not stop, then contact us immediately.
9. If your wound becomes red, warm painful, begins to drain, or if you develop a fever of 101°F or greater, please contact us.