

Post-Excision Wound Care Instructions & Information

- 1) You may remove your pressure dressing (current bandage) in **48 hours**. Until then, do not let the bandage get wet. A waterproof bandage may be applied for bathing but the wound **must not get wet**.
- 2) After 48 hours, you may remove the bandage and shower normally. To minimize irritation, remove the bandage in the shower and clean gently.
- 3) To promote healing and prevent infection, Vinegar/Water soaks should be done twice daily as directed:
 - Combine **1** part white vinegar to **4** parts water.
 - Soak a clean cotton wash cloth or cotton ball in the vinegar solution and place on the wound for 5-10 minutes. *Do not place the wash cloth or cotton ball back into the vinegar/water solution.*
 - Use Hydrogen Peroxide and clean q-tips to clean the suture line of all dried blood.
 - After the suture line is free of dried blood, apply a generous amount of POLYSPORIN OINTMENT or VASELINE OINTMENT (NOT NEOSPORIN) to the suture line and bandage. If your skin is sensitive, it is best to bandage your wound with gauze and paper tape. Allergic reactions to bandages can slow down wound healing and worsen the appearance of the scar.
 - **You will continue this wound care for 10 days or until suture removal.**

Overall Guidelines

- 1) Limit activity to allow healing. It is best to elevate the area above the heart as much as possible to decrease swelling. You may resume exercise in **2 weeks** or after suture removal.
- 2) You may return to work the next day as long as you are not requiring pain medication and your job does not require strenuous activity.
- 3) While you are taking pain medication, we recommend that you also take a stool softener to help minimize constipation. **Do NOT drive while taking prescription pain medication.**

Frequently Asked Questions

What should the site look like after surgery? Often excision sites initially appear bumpy. This is expected and necessary to remove the tension on the wound and stitches. This appearance will gradually improve as the deep sutures dissolve over the next 3-8 weeks.

You may notice a tender bump near the excision site weeks to months after the procedure. This is a deep suture resurfacing, known as a "spitting suture." They can resolve spontaneously, however if redness or tenderness persists for 2-3 days, apply POLYSPORIN OINTMENT and cover area with a bandage.

Can I use anything to improve the appearance of my scar? Two weeks after surgery, you may start using **Silagen Scar Gel** or **Silagen Scar Sheets** to improve the final appearance of your scar. Both are available at our office and should be used for a minimum of **2 months**. We have found these products are easy to use and markedly improve the final appearance of scars.

When should I call the office? Please call us at (205)995-5575 or email us at Shared@invernessDerm.com if you have any questions or concerns that your wound is not healing normally or you develop fever, foul smelling drainage, marked redness, swelling, or intense pain.

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