

# NORTH METRO DERMATOLOGY

## Excision Instructions

Unless instructed otherwise, follow these instructions twice daily until stitches are removed:

1. Keep the area dry for 24 hours. After 24 hours, the area may get wet but avoid prolonged water exposure (no swimming or bathing).
2. Gently cleanse wound with water and gentle cleanser (we recommend unscented Dove, Vanicream, Cetaphil or Skin Wise Organics Gentle Cream Cleanser) or spray wound twice daily with EltaMD Dermal Wound Cleanser.
3. Unless otherwise specified, keep the treatment area moist to prevent scabbing with Bacitracin (available at most pharmacies) or a neutral ointment (Vaseline, Aquaphor, or Skin Wise Organics Soothing Barrier Ointment).
4. Avoid strenuous activity and heavy lifting for 2-3 weeks after surgery.
5. If bleeding occurs, apply continuous pressure for 15 minutes. If bleeding continues, notify us right away or seek care at the nearest urgent care facility during non-business hours.
6. Tylenol may be used to relieve minor discomfort (one or two 325mg tablets every 4-6 hours as needed).

Call the office or seek medical attention if:

1. The area around the wound becomes painful or hot to the touch.
2. You see pus in the wound or red streaks (other than bruising) extending from the wound.
3. You develop a fever.

**Please contact our office if you have any questions or concerns.**

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