



Post-Operative Instructions

- You have sutures. **Please make a suture removal appointment in: _____ days**
- Take it easy for the duration of the time that you have your sutures in. Keep in mind that any stress to the area from exercise, bending, lifting or other activities can cause the scar to stretch and potentially open the surgical site
- You do not have sutures.

Day of Procedure: Ice the area for 10 minutes each hour for 2-4 times

- Keep the original dressing on the surgical site and keep the area dry for 24 hours.
- You have a Tegaderm bandage which can stay on for up to 5 days. *(Keep it dry for 24 hours, then, you may shower with it on. If it becomes wet underneath, remove it and apply a new bandage.)*

After 24 hours:

- You may take off the bandage, wash the site with a mild soap (containing no fragrance or antibacterial) and water, once a day for the duration of the time that you have your sutures.
- Apply any over the counter antibiotic ointment (we recommend Polysporin) and a new Band-Aid or dressing.

Wound Care tips

- Do not apply Hydrogen Peroxide or Alcohol to the wound. Either one will delay healing and may cause an adverse reaction.
- Some bleeding may occur, if it does, apply pressure for 20 minutes, if bleeding continues; apply pressure for another 20 minutes, if it does not resolve, please call our office.
- If irritation from an adhesive Band-Aid occurs, change to a non-stick telfa pad with paper tape or change the brand of your bandages.
- **Signs of infection include pain, swelling, redness or drainage. Please call our office at 425-455-2275 if you experience any of these beyond what you feel is normal.**
- Protect the surgical area from the sun for at least one year, applying sunscreen and/or covering the area with clothing. New skin is more vulnerable to sunburn and permanent pigment changes can occur with sun exposure.

Results:

- We will notify you by phone call with your pathology results; usually within 7 business days. If you have heard from us within 2 weeks, please call the office.

If you have had a skin cancer, we recommend you come for frequent and consistent skin monitoring.