

## General Wound Care Instructions

- Cleanse the wound daily with mild soap and warm water.
- Apply Vaseline or Aquaphor to the area frequently.
- If possible keep a bandage or gauze cover over the wound until it has healed.
- Sutures: Remove pressure bandage after 24 hours. Clean the sutures once to twice daily with mild soap and warm water and apply a thick layer of Vaseline or Aquaphor. Keep area covered at all times with a non-stick pad or bandage. You may get the sutures wet in the shower. Do not soak or submerge the stitches in water (pool, jacuzzi, bathtub).
- If you notice any signs of infection (fever, pus or redness spreading out from the wound) please call our office.
- Bleeding: A small amount of bleeding or oozing in the first 24-48 hours following a procedure is common. To minimize the chance for excessive bleeding:
  - Minimize activities which put strain on the sutures.
  - Avoid lifting more than 10 pounds until your sutures are removed.
  - If the procedure was on the face, head or neck, avoid stooping or bending over for 24 to 48 hours.
  - If the procedure was on the arm or leg, keep the extremity elevated as much as possible and limit weight bearing.
  - **If bleeding occurs, apply firm constant pressure on the bandage/site for 20 minutes.** If excessive bleeding continues, apply pressure again and please contact Dawes Fretzin Dermatology Group at **(317) 621-7790**. If the clinic is closed, follow the instructions to page the doctor on call.
- Most patients have little or no discomfort. If needed Tylenol® or ibuprofen is acceptable.
- Swelling: Swelling occurs as a normal response to injury and wound healing. It is usually at its worst 48-72 hours following surgery. An ice pack or a cool compress may be soothing especially around the lips or eyes. If the area treated was near the eye, it is not uncommon to experience a black or swollen eye.
- There is always an element of scarring with any surgical site. If your scar becomes thick or begins to significantly itch please contact our office.
- We will contact you in approximately 2 weeks with the result of your biopsy.