

## **Post-Op Instructions** *After Your Surgical Procedure*

- Leave your bandage on until tomorrow. It is best to remove the bandage at the end of your shower so the adhesive will come off more easily. Always change a bandage if it gets wet from the shower or water exposure.
- Gently clean the area with tap water. If there is stitching, gently dab the stitched area with a Q-tip or gauze with hydrogen peroxide to remove any crusted blood.
- All wounds should be gently dried after cleaning with a clean towel or gauze.
- Apply a thin layer of ointment to the site (you may use Vaseline, Aquaphor or any topical antibiotic ointment such as Polysporin, Triple Antibiotic, Bacitracin, or Bactroban).
- If the area is covered by clothing or exposed to irritation, it is recommended to keep it covered using either non-stick gauze (Telfa Gauze) or a simple Band Aid.

*Repeat the above steps till the scab falls off naturally or, if you have received stitches, until the day of your stitch removal.*

Bleeding sometimes occurs after surgery. If you notice this when home, apply firm pressure to the site for 10-15 minutes uninterrupted. If bleeding cannot be controlled then contact your physician in the office at 212-675-0549.

If you notice pus, sudden expanding redness around the wound, or a sudden increase in pain at the site then contact your physician.

It is normal during the first few days to have some swelling and tenderness at the site of the procedure. It is best to take Tylenol (acetaminophen) for any pain unless otherwise advised by a physician.

If you have stitches, avoid excessive motion (including yoga and gym work outs) of the wound area for at least two weeks. Stitch removal is usually painless and is done 7-14 days after the procedure depending on the location and number of stitches. Be sure to arrange your appointment before leaving the office.

Biopsy results are usually available after one week. We will call you once they are in the office. If you have not heard after ten days, please feel free to contact us at the office.

Avoid direct sun exposure on the wound for at least six weeks and if outdoors always use a sun block of at least SPF 30.

*If you have any questions, please don't hesitate to call:*  
212-675-0549

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