

PAVIOL
DERMATOLOGY



SURGICAL EXCISION – POST PROCEDURE RESTRICTIONS AND WOUND CARE

Restrictions after Surgery

Please restrict your activities following surgery as follows for 1-2 weeks:

- Do not bend repeatedly or lift more than 5-10 lbs.
- Avoid activity that raises your heart rate such as exercise, excessive stair climbing, yard work, or long walks.
- If the surgical site is on the head or neck, avoid activity that repetitively puts your head below your heart level, such as golfing, bowling, or gardening.
- Do not swim or use a hot tub until the excision site has healed.

Wound Care

You may encounter the following 1-2 days following your procedure:

- Leave your bandage in place for 48 hours. Do not get it wet.
- 48 hours after your procedure, clean the area as you would normal skin, using mild, unscented Dove soap and water. Placing the wound under running water and showering are okay. Avoid total submersion until after sutures have been removed. Pat the area dry and apply a small amount of either prescribed antibiotic ointment (i.e., Mupirocin) or plain Vaseline and cover with a Band-Aid/bandage. **Do not apply over-the-counter antibiotic ointments to excision sites.** These often cause allergic rashes that can cause the appearance of infection and slow the healing process.
- Most wounds can be left uncovered after the first week. If they are located on an area of the body that is rubbed by clothing, please keep them covered until the sutures are removed.
- You may see a small amount of blood on the bandage, which is normal. If the bandage becomes soaked with bright red blood, remove the dressing and use gauze to apply 15 minutes of continuous (no peeking), firm, direct pressure to the area. If, after 15 minutes, the bleeding has not stopped, apply firm, direct pressure to the area for another 15 minutes. If bleeding continues after this time, contact our office at **704-358-9900**.
- If a large, swollen purple area develops under or around the stitches, please call our office. This may be a collection of blood or fluid that needs to be drained.
- You may apply an ice pack to the surgery site for 20 minutes per hour, every hour you are awake to ease discomfort/reduce swelling. Do **NOT** allow the bandage to get wet.
- You may take Tylenol as directed. Do not take aspirin or medications containing ibuprofen until ten (10) days after the procedure. Take the full course of oral antibiotics, if prescribed.
- If your surgery was on the head, sleep with your head elevated at least 30 degrees to decrease swelling.
- Return for suture removal as instructed by your provider unless you were told that ALL of your sutures are dissolvable.
- Call our office at **704-358-9900** if the surgical site becomes red, swollen, warm to the touch, or has increased drainage more than 3-4 days after the procedure. These are signs of infection and may require treatment with oral antibiotics.