

## **Dermatology Associates of Glastonbury**

210 New London Turnpike  
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(860) 633-1543

### **CARING FOR YOUR WOUND OR SURGERY SITE**

#### **General Wound Care**

If possible, leave the bandage/dressing in place for 24 hours before changing. If the area becomes wet or soaked with blood, it will need to be changed sooner.

Change the bandage at least once a day. **Remove bandage before showering.** Cleanse the area well with mild soap and water (such as *Dove*, *Dial* or *Cetaphil*). Gently pat the area dry. Apply a small amount of *Aquaphor*, *Vaniplly*, *Aveeno* or *Cerave Healing Ointment*, or clean Vaseline. Use a Q-tip or apply directly to the bandage; do not use your finger. Replace bandage.

Infection is rare, but signs of a possible infection may include increased pain, redness, swelling, pus or increased drainage, or fever. **Do not use over the counter antibiotic creams or ointments, they have a high risk of causing an allergic reaction.**

If you have any of these symptoms, **please call the office (860) 633-1543 .**

#### **Cryosurgery** (Liquid Nitrogen "Freezing")

Apply Vaseline or healing ointment to the lesion 1 – 2 times per day for about 1 week. It does not need to be covered unless it will be exposed to dirt or rubbing from clothes. A blister may form and eventually a scab. This process may take up to 3 or 4 weeks.

#### **Shave Biopsy**

Refer to General Wound Care.

Change the bandage once a day (as described above) for about **5 – 7 days or until healed**, after which time you may leave the area dry and open to air.

Washing, swimming and other activities are fine, unless otherwise specified by your doctor.

On occasion there may be some bleeding through the bandage. If this happens, remove the bandage, using gauze, apply firm pressure for at least 10 minutes without "peeking" at the wound. The bleeding should stop. Apply a new bandage as described. \_

#### **C&D** (Curettage & Dessication)

Refer to General Wound Care.

Change bandage/dressing at least once a day (as described above) until healed. It may take several weeks.

Keep the wound moist with healing ointment or Vaseline to prevent a scab from forming for the first week. After this time, no longer apply any ointment, but you may cover the wound loosely, if it will be exposed to dirt or rubbing from clothes.

Washing, swimming, and other activities are fine, unless otherwise specified by your doctor.

#### **Excision or Punch Biopsy**

Refer to General Wound Care.

Apply healing ointment or Vaseline to stitches as described in General Wound Care.

Continue wound care procedure until you return to the office for suture removal.

After the first day, stitches may get wet in the shower/bath. Apply a new bandage immediately after bathing.

Bruising may occur around the wound site following surgery. This is normal.

Observe for signs of infection as described in General Wound Care.

**Limit activity** to avoid any undue stress on the wound while it is healing. Depending on the location of your surgery, it may be necessary to avoid certain activities until one week after the stitches are removed. Discuss any questions with your doctor.

**If you had a biopsy, you should receive a call. If you do not hear from us within 2 weeks, please call our office. (860) 633-1543**