

Wound Care Instructions

Instructions after Minor Procedures:

Excision, Surgery, and Biopsies:

- Keep wound clean and dry for 24 hours.
- After 24 hours, clean the area with soap and water; then apply **Vaseline petroleum jelly** or **Polysporin (if not allergic)** with a Q-tip.
- You may shower as usual after 24 hours.
- **NO swimming...**until wound is healed over.
- **For the relief of minor post op pain**, we recommend Tylenol as directed (**if not allergic or any contradictions**).
- **If bleeding occurs**, apply pressure to the area for 15-20 minutes. Repeat 3 times. If bleeding continues call our office at 630-739-3376.
- **Prevent scab formation** by keeping the wound moist with Vaseline petroleum jelly or Polysporin. Cover with a bandage or if you have an adhesive allergy use a non stick pad with paper tape.
- **Some inflammation is normal.** Inflammation is not always a sign of infection. During healing, wounds may become slightly reddened, and develop a yellowish material inside.
- **Avoid direct sun exposure** to the treated site for at least 2-3 months after the healing takes place. This will prevent undue darkening of the post surgical scar.
- **Avoid repeated or excessive stretching** after a procedure especially to areas like the chest, back, shoulder, or over the joints, while healing and for 1 month afterwards. Excessive stretching of the skin can induce thickening of the skin resulting in a more obvious scar.

As part of your services today, your tissue specimen is being submitted to either NorthShore University Healthsystems or Northwestern Dermatopathology Laboratory for pathology studies. For most, patients there is only one fee associated with this service. **However, it is important for you to know that for a small percentage of patients there will be additional fees.** These fees are either the result of the need for the pathologist to use special techniques to render a diagnosis when standard test leave the diagnosis questionable, or your physician asked the pathologist to perform special test to render a diagnosis.

If you don't hear from us in 2 weeks please call us for your biopsy/pathology results 630-739-DERM (3376).

Instructions after Electrodesiccation:

The Electric Needle or Milia Removal:

- Wash the area two times a day with soap and water.
- Keep the treated area moist with Vaseline petroleum jelly or Polysporin (**if not allergic**) until the area(s) heal.
- If scab forms **DO NOT** pick, peel, or manipulate the area as this may result in worsening of scarring.

Instructions after Cryotherapy (i.e. Liquid Nitrogen):

- A light blister may form within 24 hours. Do not disturb this blister. It will, with time, dry up and become a little hardened, crisp and brownish, and eventually fall off. This entire process usually takes up to two weeks.
- There may be mild to moderate discomfort after the treatment. You may take Tylenol Extra Strength as directed (if not allergic or any contradictions).
- Keep the area clean by washing with soap and water at least two times a day.
- Pat area dry, taking care not to break the blister.
- **If the blister does break:** Keep washing the area with soap and water then apply Vaseline petroleum jelly or Polysporin (**if not allergic**) until area(s) heal.
- **If the treated area becomes extra tender, or treated area drains yellowish fluid PLEASE CALL OUR OFFICE 630-739-DERM (3376).**
- **NOTE: Start the recommended wart treatment after the treated areas heal.**