



# MADISON SKIN & LASER CENTER

## EXCISION WOUND CARE INSTRUCTIONS

*These instructions will help prevent infection and speed the healing process.*

1. Keep the dressing that has been applied at our office in place for **24** hours. (No showering.) Apply ice pack to surrounding area for up to 20 minutes every 1-2 hours to help minimize swelling during the first two days.
2. **Pain control:** There will be some discomfort for the first 24 hours after surgery. If needed, take up to two 500mg of extra strength Tylenol (acetaminophen) AND 400mg of Advil (Ibuprofen) every 4 to 6 hours after surgery for pain. Do NOT take more than eight Tylenol (acetaminophen) or six Advil (ibuprofen) during a 24 hour period. Do NOT take Tylenol if you have liver problems. Do NOT take Advil if you have kidney problems.
3. **Bleeding:** Small amounts of oozing under the dressing is normal. If there is bleeding through the dressing, then remove the dressing. Take clean gauze or a wash cloth and press it directly on the wound for 20 minutes (without peeking, watch television to distract yourself.) If the wound is still bleeding, apply pressure for another 20 minutes. If this does not stop the bleeding, call our office following the instructions below.
4. Starting in **48** hours, change the dressing **DAILY**. Gently cleanse the area with gauze or Q-tips. Apply **petroleum jelly** (Vaseline) to sutures using Q-tips. Then cover the wound with nonstick dressing cut to the size of the wound and secure with paper tape.
5. Shower with dressing in place, then remove and replace. If the wound is on your scalp, you may remove the dressing and gently wash your hair with baby shampoo.
6. If the surgical area is on the head and neck, sleep with head elevated on 2-3 pillows. If wound is on an arm or leg, wrap with ACE bandage. Remove ACE wrap before bed and reapply each morning. If the site is on the leg, elevate leg as much as possible.
7. Avoid alcohol, herbal supplements for two days after surgery. Avoid bending, lifting, exercise or smoking for two weeks. Avoid weight lifting for two weeks.
8. If your steri-strips start to fall off prior to your follow up appointment it is fine for you to carefully remove them. If there is any visible suture material, avoid pulling it when you remove the steri-strips.

### **During the Healing Process**

- A low grade fever (99-101°) may develop. Extra strength Tylenol can be used.
- The edges of the wound will be numb, itchy, pink and tender. If the redness spreads from the edges outward and the wound becomes very tender or begins to drain pus, call our office immediately.
- After you have been instructed that your healing wound no longer needs to be covered, apply a sunscreen at least SPF 30 whenever you go outdoors.

**For questions Monday – Friday 9am to 4pm please call our nursing stations directly**

Dr. Irwin (206) 518-6111 or Rebecca Patton (206) 518-6113.

After hours call (206) 215-6600 and press #3 for instructions on how to page the provider on call.