

## POST-PROCEDURE CARE - Granulation (wounds healing without stitches)

- Keep the bandage dry and in place for 48 hours.
- At this time remove the white bandage and tape.
- Wash directly over the area with clean hands and mild soapy water. DO NOT use a washcloth.
- Using a Q-tip, go over the area with hydrogen peroxide, pat dry.
- Apply a generous layer of Vaseline over the area and cover with a bandage. Continue to wash the area once a day but apply Vaseline 2-3 times a day until return appointment (if one is scheduled).
- Your goal is to keep the area clean and moist at all times without crusting or scabbing.

### Activity

- No lifting over 10 pounds, strenuous sports, exercising, physical therapy, or bending at the waist for 2 days.
- For areas on the face, head, or neck, chew softer food for 24–48 hours.

### Bleeding

- A small amount of bleeding on the bandage is normal.
- If blood soaks through the bandage, apply firm direct pressure with fingers directly over the bandage for 20 min.
- DO NOT use ice to apply pressure.

### Tips

- Rest and minimize activity!
- You WILL have swelling and bruising around the incision and surrounding areas.
- Apply an ice pack (wrapped in a lightweight towel) over the wound for 20 min at a time as often as you'd like.
- Take Tylenol and/or Ibuprofen as needed for pain.
- Perform your wound care as instructed, including on the day of your follow-up appointment (if one has been scheduled for you).

### When to call our office

- ✓ If bleeding does not stop after 20 min of firm pressure.
- ✓ If Tylenol and Ibuprofen does not relieve your pain.
- ✓ If your wound was initially doing well but becomes increasingly painful, warm to touch, drains fluid, or bleeds.
- ✓ With any questions or concerns!

If calling our office with non-urgent questions, your call may be returned after 2PM.

For emergency after-hour issues, call the same number and the on-call physician will return your call.

For non-urgent inquiries, you may text or email concerns and photos to (585) 449-4146 and [info@rochesterdermsurgery.com](mailto:info@rochesterdermsurgery.com).

Please include your full name, date of birth, and question or concern when sending your inquiry.