



POST-PROCEDURE CARE - Incisions without Steri-Strips

- Keep bandage dry and in place until for 48 hours.
- At this time remove the white bandage and tape.
- Wash directly over the stitches with clean hands and mild soapy water. DO NOT use a washcloth.
- Using a Q-tip, go over the incision with hydrogen peroxide to remove dried/crusted blood. Pat dry.
- Apply a generous layer of Vaseline over the stitches with your fingers in a massaging, circular motion. Continue to wash the area once a day and apply Vaseline 2–3 times for at least 3 weeks. Use of a bandage is mainly to prevent Vaseline from spreading and making a mess but is not necessary as long as the stitches are moist and not crusted.
- Your goal is to keep the area clean, free of crusting, and moist at all times.

Activity

- No lifting over 10 pounds, strenuous sports, exercising, physical therapy, or bending at the waist for 1 week.
- 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 or open palm 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.
- Your suture line is always much longer than you anticipate.
- Your incision will look red, lumpy, bumpy, and swollen for several weeks.
- 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.

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

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