



POST-PROCEDURE CARE - Repairs with an Outside Provider

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 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 as needed for pain.
- Your suture line is always much longer than you anticipate.
- Perform your wound care as instructed, including 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 does not relieve your pain.
- ✓ 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.

ROCHESTER DERMATOLOGIC SURGERY | 7400 Pittsford Victor Rd. Victor, NY 14564

Office: 585-222-1400 | Fax: 585-222-1414 | Text: 585-449-4146

rochesterdermsurgery.com