

POST-PROCEDURE CARE - Incisions with Steri-Strips (brown/tan tapes over sutures)

- Keep bandage dry and in place for 48 hours after your procedure.
- At this time remove the white bandage and tape.
- Wash directly over the Steri-Strips with clean hands, mild soap and water. DO NOT use a washcloth. Pat dry.
- You do not need to cover the Steri-Strips with another bandage.

If the Steri-Strips fall off early on, simply proceed with the below instructions:

- As the Steri-Strips fall off, continue to wash the incision as instructed. Then, using a Q-tip, go over the exposed stitches with hydrogen peroxide. Pat dry.
- Apply a generous layer of Vaseline over the incision once the Steri-Strips have fallen off.
- Continue to wash the area once a day and apply Vaseline 2-3 times daily, massaged in with your fingers in a circular motion for 3 weeks after your procedure.
- 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.