



POST-PROCEDURE CARE

- Keep bandage dry and in place for 48 hours.
- On the second day after your procedure, remove the white bandage and tape.
- Wash directly over the stitches with fingers and soapy water. Pat dry.
- Massage a generous layer of Vaseline/Aquaphor into the stitches in a circular motion with your fingers.
- On each day, wash the area once a day. Apply Vaseline/Aquaphor 2-3 times a day for up to 3 weeks. Covering the incision with a bandage is optional.
 - Your goal is to keep the area clean, free of crusting, and moist with Vaseline/Aquaphor at all times. If there is stubborn scabbing or crusting, use hydrogen peroxide on a Q-tip to loosen the dried areas, no more than once per day.

Activity

- No lifting over 10 pounds, exercise, or bending at the waist for 1 week.
- For areas on the face, head, or neck, chew softer foods for 24-48 hours.

Bleeding

- A small amount of bleeding on the bandage is normal.
- If blood saturates 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.
- Swelling, redness and bruising around the incision and surrounding areas are normal and typically increase for 48 hours after the procedure.
- For the first 24 hours, 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 (acetaminophen) and/or Advil (ibuprofen) as needed for pain.
- Your incision will look red, bumpy, and swollen for several weeks. Full healing takes many months.

When to call our office

- If bleeding does not stop after 20 min of firm pressure.
- If Tylenol and Ibuprofen do not relieve your pain.
- If your wound becomes increasingly red, painful, or swollen.

For emergency after-hour issues, call (585) 222-1400. Press 1 for Dr. Ibrahim. Press 2 for Dr. Sipprell. You must leave a voicemail including the patient's full name, date of birth and best phone number to be reached.

You may send photos by texting (585) 449-4146 or emailing info@rochesterdermsurgery.com

Please include the patient's full name, date of birth, and question or reason for inquiry.

These are monitored only during regular business hours.