



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

- Keep the bandage dry and in place for 48 hours.
- On the second day after your procedure, remove the white bandage and tape. For easier removal of the bandage, you may saturate with water until the bandage loosens or get in the shower.
- Wash directly over the area with clean hands and soapy water. Do not use a washcloth.
- If there is any dried blood or crusting, use a Q-tip with hydrogen peroxide to clean the base of the wound, pat dry.
- Apply a generous layer of Vaseline/Aquaphor over the area and cover with a Band-Aid.
- Continue to wash the area once a day.
- Apply Vaseline/Aquaphor 2-3 times a day for about 4 weeks or 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, 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 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.
- 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.

#### **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 you have questions about the wound healing process.

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](mailto: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.**