



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

- Keep bandage dry and in place for 48 hours after your procedure.
- On the second day after your procedure, remove the white bandage and tape, leaving the brown/tan steri-strips in place.
- Wash directly over the Steri-Strips with clean hands and soapy water. Pat dry.
- You do not need to cover the Steri-Strips with another bandage.

As the steri-strips begin to fall off, proceed with the following instructions:

- Continue to wash the incision once daily with soapy water. Use a Q-tip to clean the exposed stitches with hydrogen peroxide only if there is dried blood or crusting present. Pat dry.
- Once the Steri-Strips fall off, apply a generous layer of Vaseline/Aquaphor into the incision.
- Continue to wash the area daily for 3 weeks. Massage Vaseline/Aquaphor 2-3 times daily with your fingers in a circular motion.
- Your goal is to keep the area clean, free of crusting, and moist at all times. Do not apply vaseline over steri strips.

Activity

- No lifting over 10 pounds, strenuous sports, exercising, 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 24-48 hours, apply an ice pack (wrapped in a lightweight towel) over 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.

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 you have increasing pain, redness, or swelling.

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 for a call back.

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 business hours.