GRANULATION WOUND CARE
If you experience discomfort later in the day, take Tylenol (acetaminophen) or pain medicine prescribed by your surgeon. Do not take more than 4,000 mg of acetaminophen in a 24-hour period as an overdose can cause serious liver damage.

DO NOT TAKE Aspirin type pain medicines (Ibuprofen, Motrin, Advil, Aleve etc.) for 3 days unless you have a history of heart attack, stroke, blood clots or medical reason to take blood thinners. Avoid alcohol and smoking for 3 days.

You may have bruising and swelling around your wound. Elevate the wound above the heart as much as possible in the first 2 days. Applying ice packs over the area for 15 minutes every hour while you are awake the first 1-2 days after surgery will help decrease swelling and pain.

A small amount of dried blood on the bandage is expected. If blood drips out from under the bandage, remove the bandage. Apply firm pressure with clean gauze or cotton cloth for 20 minutes without interruption. If bleeding does not stop, call our office during business hours. After clinic hours, go to the nearest emergency room for assistance.

Avoid strenuous physical activity for at least 2 days after surgery. Please avoid heavy lifting and strenuous exercise. If you notice any pulling or tightness at the wound with an activity, avoid that activity.

Wound Care
1. Leave the bandage on for 48 hours. Keep the bandage clean and dry.
2. After 48 hours, remove the bandage. Change the bandage two times a day until new skin has grown over the wound. This can take several weeks depending on the size of the wound.
3. Wash your hands, and cleanse wound 2 times a day with mild soap (Cetaphil, CeraVe, Dove for sensitive skin) and water. If the wound has crust or scabs, soak cotton balls in a solution of equal parts Hydrogen peroxide and tap water, place over the wound for 10 minutes, gently scrub off loosened debris and rinse with water. Pat dry with gauze pad or cotton cloth.
4. Apply antibiotic ointment (Polysporin, Bacitracin, Bactroban) over the wound. After 3 days, use Vaseline (Petroleum jelly).
5. Cover with a bandage. For large wounds, make a custom bandage with Telfa non-stick pad and paper tape (such as 3M brand Micropore tape). Keep the wound clean, moist and covered to speed healing and result in a better looking scar.
6. If the bandage or the wound gets wet, cleanse the wound and replace with a new dry bandage.
7. Do not immerse the wound in water until the wound is healed. Avoid going into bathtubs, hot-tubs, swimming pools or participating in water sports. You may shower after the first 2 days.

Seek medical attention if…
1. The bandage becomes soaked with blood or if bleeding continues after the first day.
2. You have a great deal of pain and Tylenol or pain medicine does not help.
3. The wound becomes very red, hot, swollen, or has green or yellow pus. These are signs of a possible infection.

If you had a biopsy, the results will be available in about 1-2 weeks.