

UNIVERSITY DERMATOLOGY

PROCEDURE SITE CARE INSTRUCTIONS

- Keep the initial dressing or bandage in place and **DRY** for 24-48 hours.
- For the first two days, use a cold pack for 15-20 minutes, three to four times daily when sore.
- You may shower or bathe after the first 24 hours or the following day.
- Until you have your stitches removed, don't lift anything heavier than 10 pounds in each hand.
- Wounds that are kept moist with Vaseline and covered will heal quicker and with less scarring.
- Daily wound care as follows:
 - Wash your hands before and after changing the dressing
 - Wash the site gently with warm soapy water
 - Pat dry with clean gauze or cloth
 - Apply Vaseline or Aquaphor to keep area moist and avoid dry scab. Do NOT use Neosporin.
 - If possible, cover with a Band-Aid **UNTIL HEALED**
 - It may take several weeks for your site to heal and can take longer on some body locations including legs and feet
- If the wound starts to bleed, apply continuous pressure to the area for 15 minutes. (DO NOT check to see if the bleeding has stopped for at least 15 minutes.)
- For pain or discomfort, use Tylenol or Extra Strength Tylenol. Do not use aspirin, Excedrin, Motrin, Aleve or other aspirin-containing or aspirin-related products, which may cause bleeding.
- If you have any problems or questions, contact the clinic at 865-305-8400 during office hours. Return to the Dermatology Clinic when scheduled for suture removal and/or follow-up appointment.
- You may get results through the medical center's portal before we do. Our office will contact you with results. If you have not heard from our office within two weeks, please contact the clinic.