



Absolute Dermatology & Skin Cancer Center

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Excision After Care and Wound Instructions

___ you have ABSORBABLE SUTURES that will dissolve on their own over the next 5-7 days. This may result in redness and mild itching at the site that will resolve over time.

___ you have TEMPORARY NON-DISSOLVING SUTURES that will need to be left in place for:

_____ 5-7 days _____ 7-10 days _____ 10-14 days

If your surgical site begins to bleed or ooze, please hold pressure for 20 minutes WITHOUT lifting to check the site. If it continues to bleed, continue to hold pressure and call us at: 804-326-4448.

- You may remove the pressure dressing that was placed in our clinic in 48 hours. Until then, keep it dry.
- After this 48 hours, you may remove the bandage and shower normally. To minimize irritation, remove the bandage in the shower and clean gently with soap and water.
- To promote healing and prevent infection, Vinegar/Water soaks should be done twice daily following these instructions:
 - Combine 1 part white vinegar with 4 parts water. This should be refrigerated.
 - Soak a clean cotton wash cloth or cotton ball in the vinegar solution and place on the wound for 5-10 minutes, then throw away. Do not place the wash cloth or cotton ball back into the vinegar/water solution. Use a new, clean wash cloth or cotton ball every time.
- Use Hydrogen Peroxide and clean Q-tips to clean the suture line of all dried blood if there is any after the vinegar/water cleanse.
- Apply a generous amount of Polysporin Ointment (Not Neosporin) or Vaseline to the suture line and bandage. If your skin is sensitive, it is best to use gauze and paper tape. Allergic reactions to adhesive materials in bandages can slow healing and be irritating.
- Please continue this wound care for 2-3 weeks after your procedure

Overall Guidelines

- 1) Limit activity to allow healing. It is best to elevate the area above the heart as much as possible to decrease swelling. You may resume exercise in 2 weeks or after suture removal.
- 2) You may return to work the next day as long as you are not requiring pain medication and your job does not require strenuous activity.
- 3) While you are taking pain medication, we recommend that you also take a stool softener to help minimize constipation. Do NOT drive while taking prescription pain medication.

Frequently Asked Questions

***What should the site look like after surgery?** Often excision sites initially appear bumpy. This is expected and will improve as the deep sutures dissolve. You may notice a tender bump near the excision site weeks to months after the procedure. This is a deep suture resurfacing, known as a “spitting suture.” They can resolve spontaneously, however if redness or tenderness persists for 2-3 days, call the office.

***Can I use anything to improve the appearance of my scar?** Diligent wound care using the above instructions is imperative in the first 2 weeks. After this, massage with Vaseline every night and sun protection every day can minimize the appearance and enhance the texture of the scar. Typically, over-the-counter scar gels are disappointing, but you may be a candidate for dermabrasion, an in-office procedure.

***When should I call the office?** Please call us at (804) 326-4448 or email us at support@absolutedermva.com if you have any questions or concerns that your wound is not healing normally or you develop fever, foul smelling drainage, marked redness, swelling, or intense pain as these symptoms indicate an infection.