



Skin Concept

POST-SURGICAL INSTRUCTIONS

Do's

1. If you have stitches, Do wash wound with mild soap and water or an anti-septic solution such as chlorhexidine or iodine daily, dry the wound with a clean guaze and then cover with a clean dressing (e.g. a bandaid).
2. If you do not have stitches, Vaseline ung..... can be applied daily with a Q-tip or a clean washed finger.

Don'ts

1. Do not soak wound in a bath or a pool. You can shower the next day.
2. Do not take part in any exercise or exertion, which will overly stretch the wound.
3. Do not stop any blood thinners such as warfarin (coumarin) or aspirin unless told to do so by your dermatologist.

How to deal with discomfort or complications

1. **Pain:** Take Tylenol when required unless contraindicated.
2. **Bleeding:** Press on wound firmly and continuously for 10 minutes using a clean gauze. Contact your dermatologist or emergency doctors if this fails to stop the bleeding.
3. **Infection:** If your wound becomes red with increasing pain, you will need to be assessed urgently by a doctor. The usual treatment is a one-week course of antibiotics (e.g. Keflex 500mg QID for an adult) by mouth. If your immune system is suppressed by medications or illness, you should seek help immediately.
4. **Wound Dehiscence:** This is the gaping open of the wound due to broken or loosen stitches. Only a wound of more than 1.5cm will require re-stitching.

Your stitches should be removed in _____ days. Please arrange for an appointment today with our office or with your family doctor.

Please contact us for your biopsy result on 416-335-3376 if you haven't from us in 4 weeks. If you do not get your result, do NOT assume that the test result is normal.

If you are concerned about the procedure site and wish to speak to someone at our office, please contact us by calling 416-335-3376 during office hours. If it is urgent, and you are unable to reach our office, please get in contact with your family doctor, or go to a walk-in clinic, or attend the emergency department.

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