

## Dr. Hall's Wound Care Instructions Following Excision

### Activity

Proceed with your normal activities as tolerated. Do not overexert yourself and do not lift anything heavy following the excision that could risk the wound coming apart.

### Wound Care

The wound care is different for every type of skin closure that is performed. Please see below for instructions.

- Surgical glue
  - You may shower daily immediately. Do not submerge the wound in a bath for 2 weeks. No swimming for 2 weeks.
  - Wash the wound with regular soap and water daily.
  - No need to apply any ointments or lotions.
  - The surgical glue will flake off after several weeks. The sutures under the skin will dissolve.
- Steri-strips
  - Remove the top dressing in 1 day and shower. Do not submerge the wound in a bath for 2 weeks. No swimming for 2 weeks.
  - Wash the wound with regular soap and water daily.
  - No need to apply any ointments or lotions.
  - The Steri-strips will fall off after several weeks. If they have not fallen off in 2 weeks, it is okay to remove them. The sutures under the skin will dissolve.
- Permanent sutures (Sutures that need to be removed)
  - Remove the top dressing in 1 day and shower. Do not submerge the wound in a bath for 2 weeks. No swimming for 2 weeks.
  - Wash the wound with regular soap and water daily.
  - Apply Vaseline to the wound once daily after showering.
  - Please follow up in the clinic in 10-14 days for suture removal. An appointment will be made for you before you leave.

### Pain Control

Please take Acetaminophen 500 mg every 6 hours or Ibuprofen 400 mg every 6 hours as needed for pain control. These can be alternated for improved pain control. Opiate medications are not typically required for in-office procedures.

### Follow Up and Results

Follow up in our clinic two weeks after surgery to discuss your pathology results unless otherwise instructed. If there are any problems or questions after surgery, please call our office at (731) 422-0304.