

Wound Care Instructions

Mirage Dermatology

Signs of Infection

Swelling
Redness

Heat
Drainage of Pus

Red Streaks
Excessive Tenderness

Call our office immediately if any of the above signs develop or if you have any questions. If bleeding occurs hold continuous pressure for 30 minutes. Call our office if it persists.

(760) 324-4400

SKIN BIOPSY

- Keep the area clean and dry for 24 hours.
- After 24 hours you may bathe normally.
- Gently clean the area with soap and water one to two times a day, and apply a drop of Aquaphor, Vaseline or petrolatum ointment.
- Keep covered with a bandage until healed.
- Keep moist and avoid scab formation.
- Watch for signs of infection.
- If sutures were placed, return for removal as instructed.
- Please call our office if you do not receive notification of biopsy results within 4 weeks.

FREEZING

- You may bathe normally after treatment
- Blisters may develop. Do not pick at the blisters or remove the top of the blister.
- You may cover the blisters with a band aide.
- Gently clean the area with soap and water one to two times a day, and apply a drop of Aquaphor, Vaseline, or petrolatum ointment.
- Keep moist and avoid scab formation.
- Watch for signs of infection.
- There may be a need to repeat the treatment if the lesion does not resolve.

CURETTAGE

- Keep the area clean and dry for 24 hours.
- After 24 hours you may bathe normally.
- Gently clean the area with soap and water one to two times a day, and apply a drop of Aquaphor, Vaseline or petrolatum ointment.
- Keep covered with a bandage until healed.
- Keep moist and avoid scab formation.
- Watch for signs of infection.

WOUND HEALING FACTS

- Wounds on the lower leg heal the most slowly sometimes taking up to 6 months or more.
- Wounds heal best if kept moist and covered and slower with increased scarring if left open.
- Antibiotic ointments often cause allergic reactions and have no proven benefit in speeding healing.
- Sun exposure to healing wounds may cause permanent darkening of the site.

NOTE: SEPARATE CHARGES FOR PATHOLOGY SERVICES

Please note that if a biopsy is done, you will receive separate bills for pathology charges. These bills are for the processing and interpretation of the biopsy specimen. The processing charge will be from the pathology laboratory and the interpretation charge will be from either one of our physicians or a consultant dermatopathologist. The bill for your visit today does not include these charges.

Scar Formation

1. All wounds of any significant depth heal by scar formation. Some individuals scar more than others and it is usually impossible to predict exactly how one's scar will heal.
2. Scars on the face tend to heal best, and those on the back, chest, abdomen, or upper arms and legs, tend to heal less well, as they stretch over time.
3. Scar tissue is usually pink for 3-6 months and then fades to a slightly lighter than normal skin color. Exposure to heavy sunlight may cause a scar to heal darker. Sun avoidance and use of sunscreen over scar sites is advisable for six months after surgery.
4. It is common for slight loss of sensation or numbness to occur around scars. Most of this numbness resolves within 6-12 months but some may persist permanently.
5. Scars continue to mature, contract, and remodel for up to 6 months. The final appearance of a scar should not be fully judged for at least 6 months.
6. Individuals with darker skin tones such as those of African, Asian, and Latin descent, have a greater tendency to form thickened or keloid scars. Keloid scars are also more common in certain areas such as the mid-chest, ear lobes, around the jaw line, and over the upper arms and torso.
7. Certain complications can cause increased scarring, these include wound infection, blood clots (hematoma), and opening of the wound after sutures are removed (dehiscence). Following the activity restrictions advised by your doctor, performing careful, regular wound care, and notifying your doctor promptly for any signs of infection, will help minimize these risks.
8. In spite of the above, *any scar* can heal thickened (keloid), indented, or discolored.
9. Because scar formation depends upon the interaction of many different factors, the final appearance can never be guaranteed with absolute certainty.
10. It is always our desire for scars to heal as nicely as possible. If your scar has not healed well, there are some procedures, which may improve the appearance. These may include injection of cortisone, dermabrasion, or surgical revision. If you are not pleased with how your scar has healed, you may wish to discuss these or other options with your doctor.

Post Surgical Instructions

Mirage Dermatology

Name _____

Diagnosis _____

Procedure _____

Site _____

Discharged with Family member Friend Caregiver

If you notice any of the following signs or symptoms, or if you have any problems or concerns, call our office immediately:

Severe pain Severe redness Opening of wound
Severe swelling Drainage of Pus Heavy bleeding

(760) 324-4400

- **Drink plenty of fluids.** Avoid alcohol and do not smoke.
- If the Surgery was on your head or neck **eat a soft diet and avoid excessive chewing or talking** the first 24 hours after surgery. This will help prevent postoperative bleeding.
- **Avoid strenuous activity**, exercise, bending, straining, stooping, or lifting heavy objects for at least 48 hours.
- **Oozing of a small amount of blood** may be controlled by applying **continuous pressure directly** to the site with a clean gauze or washcloth for 20-30 minutes by the clock.
- **If bleeding does not stop** after 20-30 minutes of holding direct continuous pressure please call our office for further instructions.
- **The dressing** applied at the office should be kept clean and dry, and left in place for 48 hours. After 48 hours the dressing should be changed once a day.
- **For discomfort use Tylenol** or the prescription you were given. Avoid pain relief products that contain aspirin, ibuprofen, or naproxen or any product that was not prescribed.
- **Do not drive** if you use narcotic pain pills such as Darvocet, Vicodin, or Codeine, etc.
- **Swelling will occur** and can be decreased by keeping the surgical site elevated and applying a cold pack around the bandage for 20-30 minutes every hour.

- **Severe eyelid swelling and bruising** may occur if surgery was done on the scalp, forehead, upper part of your face, or nose. This is normal and will resolve in 7-10 days in most cases.
- **After 48 hours gently clean the wound with soap and water** or hydrogen peroxide one to two times a day. Apply a small amount of Vaseline, Aquaphor, or the sample ointment you were given and cover with a band aide or Telfa pad.
- **You may shower after 48 hours.** Do not submerge the operative site under water in a pool, bathtub, or Jacuzzi, for 7 days or until sutures are removed.
- **Postoperative Pain Medication**
 Tylenol 2 tabs every 4-6 hours as needed
 Darvocet 2 tabs every 4-6 hours as needed
 Vicodin 1-2 tabs every 4-6 hours as needed
 Other _____
- **Postoperative Antibiotics** None
 Keflex 500 mg three times a day for 7 days
 Cipro 500 mg two times a day for 7 days
 Zithromax 250 mg as instructed for 5 days
 Other _____
- **Suture removal**
 Return for suture removal in _____
 Your sutures will self dissolve on their own.
- **Follow up visit**
Return for follow up visit in _____

Other instructions _____

My signature below indicates that I have read, understand, and received a copy of these instructions, and that all of my questions have been answered.

Patient _____

Nurse _____

Date _____