



## BAY AREA COSMETIC DERMATOLOGY

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### POST CARE FOR EXCISION

#### KEEP THE WOUND DRY

- It is important to keep your wound dry, especially for the first 24 hours. The wound needs time to heal and moisture will slow this down.
- After the first 24 hours you can wet the wound for a short time, for example in the shower. Pat the wound dry immediately after it gets wet.
- Do not soak the wound or swim until the sutures have been removed.
- Only use creams or ointments (emollients) recommended by your doctor.
- If your sutures are also dressed with bandages, follow the care instructions given by your doctor.

#### KEEP THE WOUND CLEAN

- Keep the wound clean and dirt free.
- Avoid any activities that may put strain on the area that has been sutured. This could lead to sutures coming apart.

#### THE HEALING PROCESS

- Do not pick covering dressings.
- Do not pick scabs. They will fall off once the wound is healed or when the sutures are removed.
- A slight ooze may occur when the suturing is removed. This is normal.
- It is normal for the scar to be red in color initially, but will fade over the next few months.
- We have many treatments to decrease scarring.
- **STITCH REMOVAL-** you should have an appointment to have your stitches removed if you do not please call to schedule ASAP.

#### SIGNS OF INFECTION

Any removal of tissue carries with it a risk of infection. Signs of infection include:

- Fever within 48 hours of suturing
- Redness
- Swelling
- Increased pain
- Excessive or persistent ooze
- Pus or smelly discharge

If you are concerned about possible signs of infection please promptly contact your provider. If it is after hours, or you have severe symptoms, please visit your GP or Emergency Department.

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*If your provider has given you instructions deviating from the general recommendations in this document, please follow your provider's personalized instructions.*

**Questions or concerns?** Please securely send a direct message to your provider through BACD's online patient portal: [MyPatientVisit](#) or call the office 415-292-6350.