

## EXCISION AFTERCARE INSTRUCTIONS

For any questions, please call 713-487-8233 (Cypress) or 281-677-3091 (Magnolia) during normal business hours. In the event of an emergency after hours, please go to your nearest emergency room.

1. Leave the initial bandage on for 24-48 hours.
2. After removing the dressing, wash the area **once daily** with antimicrobial soap (such as Dial soap or other) and water. Please use an unscented soap.
3. Begin using the vinegar soaks. See directions for soaking below. Do this **twice daily** for 1 week, then **once daily** or as needed for 1 week, then you may discontinue.
4. Remember to keep the surgery site protected with Vaseline, Aquaphor, or prescription antibiotic ointment if directed by our team. Do this **twice daily** following the vinegar soaks.
5. If there is any bleeding, apply firm pressure for 20 minutes to the area. If this does not stop the bleeding, please apply firm pressure for another 20 minutes. If this still does not stop the bleeding, please call the number above.
6. The following steps can minimize swelling and bruising around the surgical site:
  - Periodically apply an ice pack over the bandaged surgical site.
  - **Face or scalp:** sleep in a recliner or with your head elevated on at least two pillows for 2-3 days after surgery. Do not bend over for 3 days.
  - **Hand:** keep arm in sling for 3 days, if directed by our team.
  - **Lower leg or foot:** keep your leg/foot elevated to the level of your heart when sitting for more than 15 minutes.
7. If any excessive bleeding, redness, swelling, or opening of the wound occurs please let our staff know.
8. On the day of surgery, we will inform you if your stitches will dissolve or if you will need to return to our office to have them removed.

9. Special instructions:

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- **Do you take aspirin?** If you do, we ask that you not take the aspirin for 48 hours unless your PCP or cardiologist feels you should continue it. You may take Tylenol Extra Strength or Norco (if prescribed) for pain. It is not necessary to discontinue blood thinners (i.e., Coumadin, Plavix).
- **Do you drink alcohol?** If you do, we ask that you not drink alcohol for 24 hours.