



CLEAR DERMATOLOGY

EXCISION CARE

- For the first 24 hours keep the bandage dry and as is, do not remove
- You may apply an ice pack or frozen vegetables wrapped in a towel directly over the bandaged wound, alternating 10 minutes on, and 10 minutes off, for several hours
- For pain, you can take extra strength Tylenol. Avoid any Motrin, Advil, Excedrin, ibuprofen or any aspirin containing compounds or NSAID's as they may cause bleeding
- After 24 hours, you may shower normally with the bandage still on. After you are finished showering, remove the wet bandage.
- Please do the following once a day, every day until you return for suture removal:
 - Clean the area with hydrogen peroxide using a Q-tip
 - Using a clean Q-tip apply petroleum jelly or Vaseline directly over the sutured area
 - Dress with a nonstick pad and tape or a large bandage
- Minimize alcohol consumption for 7-10 days following surgery as this dilates the blood vessels causing bleeding
- Avoid smoking for 7 -10 days after surgery as this dramatically impairs wound healing
- No swimming, jacuzzi or bath tub soaking until the sutures are removed
- If any significant bleeding occurs after surgery, apply firm pressure with a dry washcloth or gauze over the bandage. Continue to apply firm pressure for at least 20 minutes without lifting the pressure or bandage. If bleeding persists after 20 minutes of constant firm pressure contact us at (310) 540-5272. If you call after normal business hours, please call Dr. Camouse directly at (216) 299-8386.

Please be advised it is normal to experience a small amount of redness, yellowish-red drainage, swelling, or bruising depending on the location. If you experience severe itching, extensive redness, pus-like drainage or have questions or concerns, please call us immediately. We are happy to speak with you any time (310) 540-5272.