

## Wound Care Instructions

### How to Care for your Wound

- If you have a dressing or Band-Aid and it becomes wet, it needs to be changed immediately.
- Remove the dressing or Band-Aid (if one has been placed) the next morning after your procedure, and you may shower at that time.
- If your wound is on your scalp, then you may shower and gently wash your hair when you get home.
- You may shower, but do not soak the wound in a tub of water.
- Gently cleanse the wound daily with soap and water. Pat the area when you are washing and drying rather than vigorously scrubbing the area.
- You do not need to apply any ointment to the area.
- You may cover the wound with a dressing or Band-Aid if it is in an area that rubs on your clothing, or if the area would be prone to getting dirty, otherwise it may be left uncovered.

### When to Call Your Doctor.....Office Number (636) 916-7100

- If bleeding occurs, apply firm pressure to the area for 10-15 minutes and recheck the wound. If the bleeding has not stopped, call our office or if after hours then go to the nearest Emergency Room.
- Watch for signs of infection such as redness, swelling, foul smelling drainage, or increase in pain. If this should occur you need to call our office.
- If you did not schedule your follow-up appointment for suture removal please do so the next business day after your visit, so we may get you scheduled appropriately for suture removal.

### Pain Control

Typically, there is very minimal pain associated with an excision, and you can take either Tylenol or Advil for the discomfort. If you need to take either of those medications follow the guidelines below:

- Tylenol 500 mg. 2 tablets every 6 hours, not to exceed 6 tablets in a 24 hour period.
- Advil 200 mg. 1-2 tablets every 6 hours, not to exceed 6 tablets (1200 mg.) in a 24 hour period. (Take Advil only if allowed by your Primary Care Physician).

### Biopsy Results

- If a biopsy was taken we will give you those results when you return for suture removal.