

WOUND CARE

After Liquid Nitrogen

Clean the treatment area at least once daily with soap and water, then pat dry. Continue until spot heals. If you like you may apply Vaseline to each spot but this is optional. Avoid sun in the treated area for several weeks in order to prevent a dark spot (post inflammatory hyperpigmentation).

After Biopsy or ED&C

You may remove the band-aid tonight and wash the area daily with soap and water, then pat dry. Keep biopsy site covered with Vaseline, Aquaphor or antibiotic ointment and a band-aid for at least a week. If you have stitches continue ointment and a band-aid until the stitches are removed. Please avoid hot tubs, pools, lakes, oceans, etc. for 1 week.

* wounds heal more efficiently when they are moist with ointment and covered.

After Skin Surgery

You may remove the bandage after 48 hours. Wash the area daily with soap and water, then pat dry. Keep surgery site covered with Vaseline, Aquaphor, or antibiotic ointment and a bandage until stitches are removed. Do not exercise until your stitches have been removed. After stitches have been removed, vigorous exercises should still be avoided for 2 more weeks. Please avoid hot tubs, pools, lakes, oceans, or submerging in bathtubs until stitches have been removed.

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For any mild discomfort, take Tylenol as indicated on the bottle. For any severe pain or any concerning issues, please call the office.