

POSTOPERATIVE INSTRUCTIONS for EXCISION and CLOSURES

You will probably experience some pain or numbness at the wound site. An over the counter medication (i.e. Tylenol) may be taken. If you have been given antibiotics take them until they are completed. Keep the wound clean. Remove the Band-Aid prior to showering. You may use hydrogen peroxide to break up a scab that may form. Do not submerge the wound in water. Leave steri-strips intact. You may replace the Band-Aid after showering. When appropriate, elevate the surgical site during the first 2 days. You may apply ice to the area 45 minutes of every hour. No swimming or hot tubs for 6 weeks. Avoid any trauma or injury to the wound. Limit stress to the incision site and do not lift more than 8 pounds. Occasionally you may experience a small amount of drainage from the treated site, especially after cyst removal. This may last for 2 days and may resume once the blood has liquefied at approximately 2 weeks. The drainage may appear bloody. Usually the drainage will stop, but if it persists then apply steady pressure to the area for 10 minutes. The outer bandage may be removed however, leave the steri-strips intact. Use sunscreen liberally on scars after 4 weeks. Return to the office for your follow up appointment as scheduled _____

INSTRUCTIONS for 5% generic ALDARA (Imiquimod) or EFFUDEX (5% Fluorouracil)

Apply the cream with a Q-tip to the affected area once daily for 2 weeks. Wash hands after application. You may cover the area with a Band-Aid. If the area is on the face, we recommend placing the cream on the morning to avoid smearing into your eyes while sleeping. The area will become red and irritated. Call the office if there is significant pain, bleeding or ulceration. Discontinue use if you develop headache or upset stomach or diarrhea. Once the initial 2 week application is finished then you may use an over the counter 1% hydrocortisone cream for 2 weeks. The second treatment of the cream begins after the 14 day treatment and 14 day non-treatment days are completed. We will see you in the office at 8 weeks or via telemedicine or phone call follow up.

INSTRUCTIONS for LIQUID NITROGEN (applied at the office)

Liquid nitrogen is used to freeze and destroy superficial skin growths such as keratosis and warts. Once the treatment of the liquid nitrogen has been performed at the office, you may feel some stinging and mild pain. You may use over the counter pain medications (i.e. Tylenol). The skin may become red and swollen; however the effects may not be fully seen for 72 hours. You may shower normally, but do not submerge the area in water. You may develop a blister. The blister may contain some blood. You may cover the blister with a Band-Aid. Leave the blister alone. If the blister is larger or painful, call the office. The area will usually form a scab or crust that will fall off after several weeks. Depending on the area, you may need additional treatments.