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Post Excision Wound Care Instructions

Bandage: Leave the present dressing in place for 24 hours.

Bleeding: Should bleeding occur, remove the dressing, and apply pressure directly over the oozing area with gauze or a clean dry washcloth for 20 minutes continuously. Do not stop applying pressure to check to see if the bleeding has stopped until the 20 minutes are over. If the bleeding has not stopped after repeating this “pressure” procedure, please call the office.

Shower: It’s OK to get the wound wet 24 hours after the procedure. It’s OK to shower, but you cannot bathe or soak the area.

Daily wound care: Gently clean the wound with soap and water. Dry gently. Apply a layer of bacitracin ointment twice daily and cover with a band-aid. Since the adhesive on a band-aid can irritate the skin, change the direction of the band-aid each day. This should be continued for until the stitches are removed.

Exercise: Try to minimize excessive exertion (running, elliptical machine, yoga, lifting weights, etc) in the first two weeks. Normal activities are fine. If you feel the stitches “pulling” while doing something, stop immediately.

Results: I will call you within 2 weeks of your biopsy with the results if you require further treatment.

If you have any questions or concerns, please call my office. If the area around the surgery site becomes red, or you develop fevers and chills, call me immediately.