

WEST HILLS DERMATOLOGY GROUP

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EXCISION POST CARE INSTRUCTIONS

- Leave the pressure dressing that is applied on for 24-48 hours.
- After 24-48 hours, gently cleanse the area with mild soap and water to remove incrustation, if steri strips are not applied.
- Cleanse the area once a day, unless otherwise directed.
- Gently pat the area dry and apply a small amount of aquaphor or Biafine directly over the treated area. (if there were steri strips applied allow them to fall off first on their own before applying any ointment)
- Apply a clean dressing to the area once daily until your sutures are removed at your appointment

In Addition: if the excised area is located in a lower extremity area, we **HIGHLY** recommend keeping your leg or foot elevated at night with a pillow to keep the blood circulation flowing properly.

If the excision site is located on the hand please refrain from heavy lifting or washing hand the first 24-48 hours and also keep the hand elevated.

Studies have shown that wounds heal better when the area is covered with ointment and dressing.

Please contact our office if you notice **ANY** signs of infection such as:

- Inflammation
- Redness or puffiness
- Any discharge from the excision site
- Excessive bleeding
- Fever and/or chills

If you have any questions or concerns please feel free to contact us at 818 592 6005. We also have an on-call physician after hours to the same number listed, so feel free to still call if the office is closed.