

Associates in Dermatology

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WOUND CARE INSTRUCTIONS

- ☐ For shave biopsy sites: Cleanse the areas daily by washing with soap and water or compressing with cotton ball moistened with water. Apply *Vaseline (petroleum jelly)*, *Aquaphor*, or a topical antibiotic ointment (such as over-the-counter Neosporin, Polysporin, or generic bacitracin) and band-aid daily for _____ days or until healed.
- ☐ For areas treated with cryotherapy (freezing): No specific treatment is needed. The area may become red and swollen for 1-2 days; the area may even develop a small blister. Leave the blisters alone if they develop. Scabs will form at the treated sites and will fall off over the next 1 to 3 weeks. You can wash the areas normally with soap and water and use your normal skin care routine (i.e. make-up, sunscreens, lotions). Vaseline may be applied to the scabs if needed to help them soften and fall off faster.
- ☐ For warts treated with canthacur ("blister beetle medicine"): Leave the medicine on the warts for _____ hours. Then wash off the medicine with soap and water. The medicine can be washed off sooner if the wart(s) become painful. Small blisters may form in the treated area over the next 1 to 2 days; these will usually dry up and scab over the next 1 to 2 weeks. If larger blisters develop, they may be punctured with a safety pin cleansed with alcohol (or lanced with a sterile blade in our office) to relieve the pressure. There may be some discomfort at the treated sites for 3 to 4 days. Sometimes warm water soaks can be soothing to the sore areas, and over-the-counter Tylenol or ibuprofen can be taken as needed. Rarely, some patients experience a red streak extending from the treatment site upwards. This is usually a reaction to the medication and not "blood poisoning." Lancing/draining the blister and warm soak will usually improve the process. If fever or increasing redness occurs, please call.
- ☐ For sutured areas: For some sutured sites, a waterproof dressing may be applied, which can be left in place until the suture are removed. For other areas, try to keep the site dry for the first two days. Then begin cleansing the area daily by washing gently with soap and water or compressing with cotton ball moistened with water. Apply *Vaseline (petroleum jelly)* or *Aquaphor* and a bandage such as a band-aid or non-stick gauze pad with paper tape, daily for _____ days or until the sutures are removed. Generally, sutures on the face and neck may be removed in 3-10 days and sutures on the body may be removed in 10 to 14 days.
- ☐ After Blue-Light treatments (photodynamic therapy): Avoid sunlight or strong indoor lighting for the next 2 to 3 days. Do not sit by windows with strong direct sunlight. Wear a hat, sunglasses, zinc or titanium based sunscreen and clothing to cover the treated areas if you need to venture outdoors BRIEFLY, to or from a car, etc. The treated area may become red, swollen, scaly like a sunburn. Crusting and scabs may even form in some spots. Vaseline may be applied to the treated area if needed. This typical reaction will usually resolve by 7 to 8 days. Tylenol or ibuprofen may be taken as needed for discomfort.