

## **POST-OPERATIVE INSTRUCTIONS FOR EXCISIONS WITH SUTURES / BIOPSIES WITH SUTURES**

The anesthetic will last 15-45 minutes.

Mild to moderate discomfort may be experienced the day of surgery, or the next. Tylenol may be taken if needed. Avoid aspirin, ibuprofen and similar medications, as well as alcoholic beverages for 24 hours, as they can interfere with clotting and promote bleeding. **Call the office if pain becomes severe.**

The gauze dressing, if applied, is a pressure dressing to help prevent bleeding. Call the office if blood becomes evident through the dressing. Keep it dry, and remove it the morning following the procedure. A small amount of dried blood will be present on the gauze. This is normal.

After removing the dressing, gently cleanse the wound with soap and water (showering is allowed), **apply a thin coating of petroleum jelly (Vaseline brand or generic)** and cover with a band-aid. We suggest that you purchase a new, small tube or jar. If you prefer not to wear a band-aid, apply the petroleum jelly 2-3 times a day. Repeat daily until your scheduled appointment for suture removal.

Do not stress the area by flexing, stretching, lifting, etc.

A day or two after the procedure, the surrounding skin may appear somewhat black and blue, or yellow, but the site should not demonstrate significant swelling. **Call the office if swelling is pronounced.**

Within several days a mild pulling feeling may develop, and the area around the sutures may become somewhat red. These are due to sutures pressing against the skin and are normal occurrences.

**Call the office if, as days pass, significant pain, tenderness, redness or swelling develops.** These might indicate infection that requires treatment with an oral antibiotic. Early treatment of an infection can prevent from interfering with the healing process.

The specimen is sent to a Dermatopathology Lab for biopsy analysis, unless you have been informed otherwise. **You might be responsible for a copay, coinsurance or deductible for the pathology and will receive a bill for your share directly from the laboratory.**

**It is extremely important that you call the office and ask for the result of your biopsy two weeks following your procedure. Press option 1 to be directed to a receptionist.**

**Please Note: You cannot assume that your biopsy is normal simply because you have not been contacted by our office.**

*To protect confidentiality, New Jersey law requires that you must call for your own results.*

*Legal guardians may call for results of dependent children under age 18.*