

Guidelines After a Minor Procedure

Dermatology Clinic

Incision (cut) care

- For 24 to 48 hours (1 to 2 days) after your procedure:
 - › Keep your bandage in place.
 - › Keep the area clean and dry. **Do not get the bandage wet.**
- After this time, you can:
 - › Remove the bandage.
 - › Shower or wash the area gently with soap and water. **Do not point spray directly at the area.**
- Pat the area dry and apply Vaseline® (petroleum jelly). Cover the area with a clean bandage.
- **If you have Steri-Strips™** (strong pieces of tape):
 - › Leave them in place for 7 to 10 days. If they fall off, you can replace them.
 - › You may get the Steri-Strips™ wet 24 to 48 hours after your procedure. Pat the incision (cut) dry after showering — **do not rub.**

Pain

- If you have pain or discomfort after the freezing wears off, you can take acetaminophen (Tylenol®) or ibuprofen (Advil®). Follow the instructions on the package.

Bleeding

- If you have bleeding, raise the area up (if possible). Apply firm, constant pressure for 15 minutes.
- **If the bleeding does not stop, call the Dermatology Clinic at 902-473-7194 or go to the nearest Emergency Department right away.**

Infection

- Signs of infection include:
 - › Fever (temperature above 38° C/100.4° F)
 - › Redness, heat, and/or pain at the incision site
 - › Yellow pus from the incision site
- **If you have signs of an infection:**
- Call your dermatologist:
 - › Doctor: _____
 - › Phone: _____

OR

- Call your primary health care provider (family doctor or nurse practitioner).
- You can also go to a walk-in clinic.

If you cannot reach your dermatologist or primary health care provider, go to the nearest Emergency Department or call 811.

Activity

- If you have stitches, avoid strenuous (hard) activity (like lifting more than 10 pounds) and strenuous exercise until your stitches are removed or as instructed by your primary health care provider.

Stitch removal

Your stitches will be removed in _____ days by _____
at _____.

Dermatology Clinic Nurse Non-Urgent Line:

- › Phone: 902-473-7194
- › Hours: 8:30 a.m. to 4 p.m., Monday to Friday

My dermatologist is:

Doctor: _____

Phone: _____

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