

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 on the area.
 - › Keep the area clean and dry. **Do not get the bandage wet.**
- You may have a small bit of blood or drainage (liquid) on your bandage for the first few days.
 - › If you have stitches, use Vaseline® (petroleum jelly) and cover them with a new bandage each day, until they are removed, fall off, or dissolve (go away) on their own.
 - › If you do not have stitches, use Vaseline® and cover it with a new bandage once a day for 7 days (1 week).
 - › **Do not** use Polysporin®, rubbing alcohol, or hydrogen peroxide.
- After this time, you can:
 - › Remove the bandage.
 - › Shower or wash the area gently with soap and water. **Do not spray water directly at the area.**
 - › Pat the area dry and use Vaseline®. Cover the area with a clean bandage.
- If you have Steri-Strips™ (strong pieces of tape):
 - › Leave them on 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). Put firm, constant pressure on the area 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 or 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 the Dermatology Clinic at 902-473-7194.**
- 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 the Dermatology Clinic or your primary health care provider, go to the nearest Emergency Department or call 811 right away.

Activity

- If you have stitches, avoid strenuous (hard) activity (like lifting over 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 _____.

Dermatology Clinic Nurse Non-Urgent Line:

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

This pamphlet is for educational purposes only. It is not intended to replace the advice or professional judgment of a health care provider. The information may not apply to all situations. If you have any questions, please ask your health care provider.

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