

Wound Care Instructions

Dermatology of North Texas

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Liquid Nitrogen Treatments

1. A blister may form at the site after freezing. DO NOT pop or peel away the blister as this may lead to scarring. When the blister breaks on its own, simply apply Neosporin or Vaseline and a bandage.

Biopsy Sites

1. Remove bandage after 24 hours. Clean the wound gently with mild soap and water. DO NOT use hydrogen peroxide or rubbing alcohol on your wound; this will prevent proper healing.
2. After cleansing, pat dry and apply a small amount of antibiotic ointment such as Neosporin, Polysporin, or Bacitracin. If you have any sensitivity to these ointments, Vaseline and Aquaphor are also acceptable. Cover with a bandage.
3. The wound should be cleaned and the bandage changed every day for up to two weeks, or until the wound has healed. Keep the wound covered with a dressing until it has completely healed. Studies show that wounds heal faster when covered. DO NOT allow the wound to dry out or form a scab as this may increase the likelihood of scarring. Remember to change the direction of the bandage with each dressing change to minimize adhesive irritation to the skin.
4. To reduce any swelling that may occur, apply an ice pack or bag of frozen peas to the area for 20 minutes every hour, remembering to place a towel underneath the ice pack in order to keep your bandage dry. If swelling persists for several days and is not relieved with ice, please call our office.
5. Please call our office if you see signs of infection such as:
 - Increasing redness and swelling around the borders of the wound (some redness is normal)
 - Signs of purulent drainage (white or yellow "pus")
 - Increasing tenderness or soreness

Surgical Patients

The above instructions apply to you, as well as the following:

1. In order to reduce the possibility of bleeding after surgery, please limit activities for at least 24 hours and keep the operative site elevated. If surgery was performed on the face, head, or neck, avoid bending or stooping and sleep with your head elevated on extra pillows.
2. Usually the site is only mildly tender. However, if you experience discomfort and we did not prescribe you Tramadol (Ultram) for pain, you may take Tylenol as needed according to the instructions on the bottle. DO NOT take aspirin, products containing aspirin, or products containing ibuprofen (such as Advil and Motrin) as these products can increase the chance for post-operative bleeding.
3. We may prescribe you an antibiotic to take in order to prevent infection. We will review your records to avoid allergic reactions, however, if you have any concerns that you may be allergic, please call our office before starting the medication. Otherwise, it is important that you take the antibiotic as directed: do not skip doses and take it until it's gone (usually 7 days).

Infection seldom occurs if the wound care instructions have been carefully followed. Please call our office with any concerns at (940) 767-3376 and we will be happy to help.