



Excision Post-Operative Wound Care

Keep the dressing clean and dry for the first 24 hours.

- After 24 hours, shower and let water run over the bandage, allowing the adhesive to loosen. Once loosened, gently peel the bandage off.
- Gently wash the area with soap and clean water, then pat dry.
- Do not try to remove small scabs that may be attached to the stitches.
- Apply Aquaphor or Vaseline with a Q-Tip and cover with a bandage or gauze and tape.
- There will be non-dissolvable sutures on the top layer of skin, which will need to be removed in 7-14 days, depending on the location.
 - This is scheduled when checking out.
- It is OK for the wound to get wet after the first day in the shower. However, it should **NOT** be immersed in water until after removing the stitches (no swimming, hot tubs, or baths).
- The wound should not hurt but may be slightly sore or tender to touch.
- Please contact our office if any of the following occur:
 - Pain at or around the wound site
 - Redness extending from the edge of the wound
 - If the sutures break, fall out, or the wound opens
 - Swelling of the wound or the area around it

If you have any questions or concerns, please call the office

784 Central Avenue, Dover, NH 03820

50 Michels Way, Suite 202, Londonderry, NH 03053

2299 Woodbury Avenue, Suite 3, Newington, NH 03801

160 South River Road, Suite 2400, Bedford, NH 03110

23 Centennial Drive, Peabody, MA 01960

Phone (603)742-5556 • Fax (603)742-8668