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HOW TO CARE FOR YOUR WOUND

OP-SITE OR WHITE BORDERED GAUZE DRESSING

1. If you have an Op-site or white bordered-gauze dressing (white rectangle, clear or white membrane dressing), this is a waterproof dressing. Feel free to shower with this dressing on.
2. **After 2 days**, you should remove the dressing. Step in the shower and let the water run over your wound. You can clean the wound gently with soap and water.
3. Do not rub the wound, just pat it dry gently with a paper towel or piece of fresh gauze. You can put a plain band-aid on the wound again to protect it. Apply a small amount of Polysporin OR petroleum jelly (e.g., Vaseline) directly to the band-aid and then put it on the wound. Take care not to let the band-aid stick to the stitches.

REGULAR BAND-AID DRESSING:

1. Keep the wound dry for at least 24 hours after your procedure. You should shower rather than bathe and seal the area with plastic to keep it dry.
2. Change the dressing/bandage after one or two days and once daily if needed thereafter. You may apply some Polysporin ointment or better yet, petroleum jelly (e.g., Vaseline) to the gauze portion of the dressing/band-aid before putting it on.
3. Take care not to let the band-aid stick to the stitches as the stitches could get ripped out when you remove the bandage.
4. You can leave the wound(s) open during the day while you are awake – just apply a thin layer of petroleum jelly or Polysporin to them to keep them moist. It is best to put band-aids on the wounds at bedtime to protect them from you scratching or picking at them in your sleep.

SEBORHEIC KERATOSIS TREATMENTS:

- **For lesions sprayed with Liquid Nitrogen,**
 - expect up to 30 days for these lesions to dry up and fall off. Don't pick at them as this can cause scarring.
 - If the lesion is very thick, don't expect all of it to fall off – a second liquid nitrogen treatment is usually required for these stubborn ones. We usually do this second treatment four weeks after the first treatment.
- **For lesions that have been shaved off surgically,**
 - avoid getting the wounds wet for 24 to 48 hours.
 - Follow the directions below under GENERAL CARE OF THE WOUND.

LIQUID NITROGEN (CRYOTHERAPY) TREATMENTS:

- Expect the stinging sensation to subside within 15-30 minutes.
- You can wash the area any time after the treatment. A band-aid does not need to be applied, and you can leave it open to the air.
- You can take your usual over the counter pain medication if necessary (e.g., acetaminophen, ibuprofen, etc.)
- If you develop a blood blister or any blistering, try to leave it alone – it will heal and dry up normally over the next few days. Try not to break the blister open.
- If you develop hypo or hyperpigmentation, this usually resolves over a few weeks.

GENERAL CARE OF THE WOUND:

- Keep the wound(s) clean and bandaged for the first 24-72 hours or longer. Change bandages daily or as directed by your health care provider.
- Apply a thin layer of petroleum jelly to the lesions once or twice daily to keep them moist.
- A small amount of oozing of blood or yellow fluid is normal. If, however, the wound seems to be bleeding more than expected, remove the dressing and apply pressure to the wound until the bleeding stops (takes no more than 5 minutes). If the bleeding seems to continue despite this measure, contact The Mole Clinic at the number below.
- If you notice the wound edges are getting excessively red, swollen/puffy, tender with or without pus discharge, or if you see red streaks coming from the wound, or if you are having fever/chills/unusual body aches, call or email us, or go to your nearest urgent care clinic as the wound may be getting infected.
- Try to avoid putting stress on the wound to permit better healing (e.g., heavy lifting or twisting of the body part where the wound is). If you are not careful, the wound can open up after the stitches are removed!
- Do NOT pick at the wound!! This can cause scarring.
- The scar will lighten up over several months to a year or more. Our clinic carries a clinically proven scar reduction gel called V-Stat by Vivier. Speak to our front desk staff if you are interested.

**IF YOU HAVE STITCHES, THEY SHOULD COME OUT IN 5-7 days (face/neck)
or 10-14 DAYS (rest of body).**

**We recommend you return to our clinic to have stitches removed properly and
to prevent wound complications.**

If you have any concerns, please do not hesitate to contact the clinic.

info@moleclinic.ca or call 877-33-MOLES (877-336-6537)