



After Care Instructions

Excision Care

Typical Recovery: 7-14 days depending on size and location of excision

Aftercare Instructions

Immediately After Procedure

- Keep the excision site clean and dry.
- Clean gently with mild soap and water once or twice daily. Pat dry carefully.
- Apply a thin layer of vaseline or aquaphor ointment.
- Cover with a sterile bandage or dressing until the site is no longer oozing.

Daily Care

- Repeat cleaning, ointment, and bandaging as directed, usually twice daily.
- Avoid picking, scratching, or disturbing the wound.
- If the wound becomes wet from bathing or sweating, gently pat dry and reapply dressing.

Activity & Protection

- Avoid strenuous activity that stretches or stresses the excision area.
- Protect the site from direct sun; use SPF and/or clothing to minimize scarring.
- Avoid swimming, hot tubs, or soaking until fully healed.

Warning Signs

- Contact the office if you notice increased redness, swelling, pus, bleeding, or severe pain.
- Any unusual symptoms, fever, or signs of infection should be reported immediately.

These instructions are general guidelines and do not replace medical advice. Please follow any specific instructions provided by your healthcare provider. If you have any questions or concerns regarding your recent treatment, please call us at (703) 766-2220.