

Post-operative Instructions Following Shave Excision

Uncomplicated and early healing, to a great extent, depends on how well you care for yourself. Please read the following instructions carefully and ask us any questions you may have.

After your office visit

- The Band-Aid will remain in place for 24 hours, after; it can be left open to air or covered with a Band-Aid.
- Apply ointment to the area three times daily until the crust comes off.
- Cool compresses will help reduce the swelling. **Avoid placing anything frozen directly on the skin.**
- If you tend to bruise easily, you may take Arnica Montana (SinEcch™) immediately after your procedure. For the remaining pills, please follow the directions behind each capsule. You can obtain Arnica without a prescription at some pharmacies and most health food/nutritional supplement stores.
- It is normal to experience some bruising and swelling after the procedure.
- Please schedule your 1 month follow up appointment with the office.
- Notify the office if you experience increasing pain, bruising, swelling or marked bleeding from the shave.

For Discomfort

- For the most part, Tylenol Plain or Tylenol Extra Strength, 1 – 2 tablets every 4 – 6 hours should be sufficient but if needed, use the Tylenol #3 that we have given you. If both are ineffective, call us.

We look forward to being of service to you. If you have any questions or concerns please call our office. 212-327-4600