

Wound Care Instructions

Thank you for visiting Schlessinger MD. To help ensure the best outcome, please review the after-care instructions below and contact us with any questions.

Daily Care

- Avoid getting the wound wet for **24–48 hours after the procedure**.
- May use waterproof bandage for showering, but please avoid **baths, hot tubs, pools, saunas, oceans, lakes, & rivers** as these often contain bacteria and cause infections.
- Clean the wound and change your bandage **1–2 times daily** as below:
 - Use **hydrogen peroxide on gauze** to remove bloody/crusty material
 - Do not use hydrogen peroxide near the eyes. Instead use **Dacriose solution** (available at drug stores) or pre-moistened eye scrub pads.
 - Then, apply a thick layer of **Polysporin with a clean Q-tip** (do **not** use Neosporin or Triple Antibiotic!).
 - Dress with a Band-Aid or non-stick pad (e.g., Telfa) with paper tape. **Coban wrap** may be helpful on arms/legs or thin/fragile skin instead of adhesive bandage.
 - **Do not allow dry scabs to form** - this will slow down wound healing. Instead, **keep the wound moisturized and covered at all times**. A hydrated wound is a happy wound!

Pain, Bleeding or Swelling

- For pain & swelling you can use an ice pack (wrapped in cloth) on the area for the first 24 hours. **Take Extra Strength Tylenol** (do not exceed 3000mg per 24 hour period).
- **Avoid Aspirin, Aleve, Advil, and Ibuprofen for 1–2 days** after your procedure as these increase risk of bleeding.
- Small amount of blood on the bandage is normal, though if there is rapid bleeding:
 - Apply very firm pressure (the weight of a watermelon) with clean gauze directly on top of the wound for 15-20 minutes (use a timer!).
 - Call our office (numbers below) if bleeding persists despite this.
 - **If you feel faint, go to your local ER** accompanied by a friend/family member.

Activity & Restrictions

- **If the wound is sutured**, avoid strenuous activity (golf, weightlifting, yoga, pilates, etc.) while sutures are in place as these may cause the sutures to open.
- **If no sutures**, exercise is allowed — perform wound care immediately after sweating.
- For the first 3 days, avoid activities that may increase your heart rate such as household chores, exercise, or heavy lifting. Doing these may increase your risk of bleeding

Suture Removal

- **Face & ears:** 5–7 days
- **Body, neck, arms/legs, & scalp:** 10–14 days
- Results will be reviewed at this appointment

Results

- Pathology results take **10–14 days**
- *No news is good news*
- Notify your nurse if you prefer a call regardless of results

CONTACT INFO

402.334.7546 | Clinic@LovelySkin.com | *If after hours, call 402.559.2393

Liquid Nitrogen Treatment Post Care

What to Expect Post Treatment

Your skin was treated with liquid nitrogen (cold spray). The following reactions are normal and expected:

- Burning or discomfort for **20–30 minutes** after treatment
 - Redness at the treatment site
 - Within **24 hours**, a **thick-walled blister** may form
 - The blister may appear **red or purple** — this is normal
 - Tenderness may last for several days
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Blister Care

- **Do not pull or cut** the blister
 - If the area is **very painful after 2 days**, you may puncture the blister using a **needle cleaned with alcohol**. Do not use a flame to sanitize the needle.
 - **3–4 days after treatment**, you may:
 - Puncture the blister
 - Remove the blister roof
 - Clean with **hydrogen peroxide**
 - Apply **Polysporin only** (do **not** use Neosporin)
 - Cover with a bandage
 - If the blister is opened, repeat wound care **daily until healed**
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Healing

- The area may appear as an **open sore**
- Pink or red coloration is normal
- Clear drainage or oozing may occur

When to Call the Office

Contact us if you notice signs of infection, including:

- Increasing redness
- Swelling
- Pus-like discharge

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