



Post Skin Procedure Care **Instructions**



Wound Care

- Keep the treated area clean and dry. Leave the dressing intact for the period recommended by your doctor
- If the dressing needs replacing, gently wash the area with mild, fragrance-free soap and water. Pat dry with a clean towel
- Apply a thin layer of petroleum jelly or antibiotic ointment as advised by your healthcare provider
- Replace the dressing with a clean, dry one if needed, and continue to keep the site clean and dry
- Avoid using harsh cleansers, alcohol, peroxide, iodine, or antibacterial soaps, as these can damage healing tissue



Pain Management

- Mild discomfort is normal. Over-the-counter pain relief such as paracetamol or ibuprofen is usually sufficient.
- If pain increases after the first 48 hours, contact your healthcare provider



Bleeding, Swelling and Bruising

- Some bleeding or swelling, especially on the head, neck, or lower legs, is common. Elevate the area if swelling occurs.
- To stop bleeding, apply firm pressure with a clean towel or gauze and a cold pack for 15 minutes. If bleeding persists, contact your provider



Activity Restrictions

- Limit physical activity, including strenuous exercise and heavy lifting, for several days to weeks, depending on the procedure and site
- Avoid stretching the area, as this can cause bleeding or worsen scarring



Sun Protection

- Avoid exposing the treated area to direct sunlight. Use sun protection as recommended by your doctor



Bathing and Swimming

- Do not soak the area in a bathtub, swimming pool, or hot tub until your provider says it is safe
- Showering is usually permitted after the initial 24–48 hours, but avoid getting the wound excessively wet



Signs of Infection or Complications

- Watch for increased redness, swelling, pain, warmth, pus, or fever. Report any of these signs to your healthcare provider promptly



Follow-Up

- Attend all scheduled follow-up appointments, especially if you have stitches that need to be removed or if your provider requests a wound check



Monitoring

- Continue to monitor the area for changes, new growths, or abnormalities, and report concerns to your doctor

Always follow the specific instructions provided by your healthcare team, as care may vary depending on the procedure and your individual health needs.