

# Post Procedure Care Instructions

## Biopsy

- No restrictions on exercise or movement.
- Take bandage off when you shower tomorrow.
- It ok to get the lesion wet or cover with makeup.
- You can take Tylenol or Aleve for any pain.
- Avoid public pools until healed.
- To aid healing: Vaseline and a band aid can be applied but are not necessary.
  - o Leaving the lesion open is okay.
- DO NOT USE NEOSPORIN.
- While the scar is still pink, it must be protected from the sun. Be sure to wear sunscreen.
- For any questions or concerns, please call 703-461-7500

## Excision

- Avoid exercise or movement that impacts the treatment area.
- Take bandage off when you shower tomorrow.
- Its okay to get lesion wet.
- Avoid public pools until lesion is fully healed.
- Come back in 10-14 day for suture removal.
- You can take Tylenol or Aleve for any pain.
- Give our office a call if there is any sign of infection (red, hot to the touch, pain, pus).
- DO NOT USE NEOSPORIN.
- For any questions or concerns, please call 703-461-7500

## Liquid Nitrogen Therapy

- The lesion should scab and peel off in 1-2 weeks.
- No restrictions on exercise or movement.
- Scabbing and blistering are normal responses.
- To aid healing: apply Vaseline.

- Leaving the lesion open is okay.
- Avoid public pools until fully healed.
- If blisters:
  - Try to leave the blister alone, it should heal in a week.
  - If you must drain the blister, lance the side of the bubble, let drain, then cover with the roof of the blister.
  - Do not remove the roof of the blister.
- DO NOT USE NEOSPORIN.
- Tylenol or Aleve is okay for pain.
- For any questions or concerns, please call 703-461-7500

### Skin Pen

- Redness for 3-4 days is normal.
- Discontinue all antiaging products until skin is back to normal.
- Do not use anything other than the cream we give you for the first 24 hours.
  - Do not use any normal cleansers or creams.
- Tylenol or Aleve is okay for pain.
- No restrictions on exercise or movement.
- Be sure to apply sunscreen daily (after the first 24 hours).
- Hydrate continuously.
- For any questions or concerns, please call 703-461-7500

### Chemical Peels

- Peeling and redness for 2 weeks is normal.
- No restriction on exercise or movement.
- Be sure to use a mineral based sunscreen (one that has zinc oxide or titanium dioxide) to avoid burning unprotected skin.
- Use a gentle cleanser and Aquaphor until fully healed.
- Avoid all antiaging products until healed.
- For any questions or concerns, please call 703-461-7500

## Botox

- Stay up right for 6 hours.
- Avoid exercise or massaging the area for 6 hours.
- It may take up to two weeks to see full effect.
  - Dropping of the eyelid or peeking of the eyebrow may occur and can be easily fixed at this time.
    - We must wait the full 2 weeks to do any adjustments.
- For any questions or concerns, please call 703-461-7500