

### Wound Care Instructions for Advanced Dermatology of Oregon

- Do not get area wet x 24 hours. Do not exercise/perform heavy lifting x 3 days.
- The next day after your appointment, you can take a shower, clean the area with soapy water, and then apply Vaseline ointment and bandage the wound.
- Change bandage every day.
- If you have stitches use hydrogen peroxide ONLY if the area is crusted.
- If you get a fever or the area becomes hot and painful, call Dr. Landers at 503-692-9525 to make sure the area is not infected.
- If you have stitches, the stitches are removed in 1 week for your head and neck areas and in 2 weeks for the body.
- You can remove your stitches or come in for a suture removal appointment.
- You will receive your biopsy results by phone or post card within 2 weeks of your appointment. If you do not get a call or a post card, please call the office for your results.