



Anti-Aging And Medical Skin Care Center

BENIGN LESION POST TREATMENT INSTRUCTIONS

If you had a lesion/mole burned or cut, follow these instructions:

- Leave your band aid on for the first day, don't get the area wet.
- On days 2-7, wash the area gently every morning and night with warm water and a mild soap like DermAesthetics Ultra Gentle cleanser, Cetaphil, Cerave or even baby shampoo. Don't use hot water, harsh soaps, anti-aging or acne washes like benzoyl peroxide, glycolic or salicylic on the site. Do not use any scrubs or washcloths over the area treated, wash with gentle massage only. Please do not touch your wounds directly with your fingers unless it involves cleansing with soap and water. Touching your wound directly causes infections. After washing, dry the site with anything clean by gently patting the wound to remove moisture, or letting it air dry briefly. Do not rub, scratch or touch your wound after cleaning it. On days 2-7, you will be instructed to care for your wound with one of two instructions
 - Daily Band-Aid coverage- you will keep your wound covered for a week, changing the Band-Aid daily after washing the site (as described above). When applying a new band-aid, put the wound ointment directly onto the new band aid gauze pad with a Q Tip (or similar cotton swab) and not directly to the wound site. Repeat daily for 7 days.
 - Open to air- Smaller wounds do not need to be covered but should be cleaned daily. After washing and drying the site, keep it moist by applying a small very thin layer of wound ointment with a Q-Tip or similar cotton swab (not your fingers) on to the wound site directly.
- DO NOT USE NEOSPORIN or other topical antibiotic ointments unless specifically instructed to do so. Even if you've never had any reactions in the past, topical antibiotic allergies can develop over time and can cause a contact dermatitis which inhibits the wound's ability to heal.
- If the wound is healing NORMALLY, it will get darker and may feel slightly sore or itchy as it dries and will look red around the periphery of the wound. The redness shouldn't extend out more than a ½ inch from the edge of the wound, but it does please contact us immediately.
- Apply a small smear of Cerave Healing Ointment, Vaseline, Aquaphor or other similar plain petroleum-based ointment) with a Q-tip (not your hands) to the site 4-6 times a day to prevent the area from drying out. This will help prevent scabbing.
- Do not pick at any scabs that may develop, you'll increase the risk for infection and scarring.
- Keep the treated areas protected from sun and tanning for at least 30 days or longer if possible. UV light exposure from the sun and tanning beds can cause scarring and pigmentation changes to become permanent and inhibit wound healing.

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- Expect a post inflammatory hyperpigmentation (PIH) to develop after the wound heals. This is a pink or red stain in the skin that developed as a result of the normal wound healing inflammatory response. Everyone's development of PIH is unique to the individual and their body's ability to heal. PIH typically fades with time.

If you had capillaries or vein treated, follow these instructions:

- The treated veins will get darker over the next week and the body will absorb the veins over the next 4-12 weeks. Treated veins cannot be retreated over again for 12 weeks but new or untreated veins can be treated any time.
- Do not expose the treated area to direct heat or hot water for 48 hours, heat may dilate (re-open) the vein again before it can heal closed. Wash with cool-warm water only. After 48 hours you can resume your normal routine.
- Do not pick at any scabs that may develop, you'll increase the risk for infection and scarring.

If you develop any warmth, redness, drainage, pus, increased pain or swelling to any of the treated sites, contact me immediately. Please feel free to call me if you have any urgent questions or concerns.

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Dermatology and Aesthetic Board Certified APRN

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