



Rancho Cordova, Roseville and Sacramento Dermatology

Care Instructions after an ED&C Treatment

You just had a treatment called ED&C also known as a “shave and cauterize treatment.” Daily care is needed for better healing and to prevent infection. This treatment usually takes 2 – 3 months to heal. Legs may take even longer.

Elevating your wound HIGHER THAN YOUR HEART for 2+ hours as often as possible for several weeks will help with the healing process.

Leave the bandage on for 24 hours.

If the wound bleeds, apply firm direct pressure on area for 15 minutes. You may need to repeat this twice. Do not lift up and “peek at the wound” during this time. If the bleeding does not stop, call us.

For pain, you may take Acetaminophen (Tylenol) as directed if OK with your medical conditions.

After 24 hours:

1. Remove the bandage or band aid. Using clean fingers or a wash cloth, wash with a **mild, non-scented** soap, e.g. Dove and warm water. Wash the area to remove any crust, scab and all old ointment. Rinse well.
2. Apply a thin layer of Vaseline (petrolatum jelly) or Aquaphor Healing Ointment.
3. Please **DO NOT** use Neosporin, Polysporin or Double or Triple Antibiotic ointment. These products may cause irritation.
4. Apply a bandage or band aid large enough to prevent adhesive from sticking to the open wound. It does not matter what shape of the band aid you choose to use.

You will need to purchase additional ointment and band aids if you do not have them at home.

Do this every day until the wound is healed. Signs of healed skin is the wound is closed up and the skin is covering the wound with no crusting.

General Information

Please DO the following:

1. Know it is normal for bruising to appear on or around the wound.
2. For facial, forehead and scalp treated area:
It is normal to have bruising on the cheeks, neck and chest areas. You may also have puffy or swollen eyelids. You may apply an ice compress for 10-15 minutes every hour as need. A bag of frozen peas or an ice pack can be used for the ice compress covered with a thick towel. Do not sleep lying flat for the first few days to help decrease swelling.
3. If you develop a rash where the adhesive of the bandage has contact with the skin, please remove the bandage and apply Vaseline to the rash 3 - 4 times a day for a week or two.
4. Watch for infection. Signs of infection are: increased redness (like color of red, raw beef) which is spreading outward, increasing pain and swelling in the area. Pus and increased warmth at the site. If these occur please contact us.
5. It is normal to have pinkness or light red color around the edges of the treated open area, like a halo. It is normal to have the color spread out a little over time.
6. It is normal to have a yellow color on the band aid or at base of the wound. A yellow color is not always a sign of infection.
7. If you notice swelling which increases as the day progresses and then it is decreased the following morning that you probably should limit your activities during the day and rest more.

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Please DO NOT do the following:

Please Do Not use a soap that has a scent to it. It can cause irritation to the area.

Please Do Not clean the area with Hydrogen Peroxide or Alcohol

Please Do Not leave it "open to air" or let the wound site scab or crust.

Please Do Not apply Vitamin E or Aloe Vera Products to the area.

Please Do Not apply 1% Hydrocortisone on the surgical site.

Please Do Not use a pool, spa, hot tub, or sauna while the wound is healing.

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Phone Numbers

Monday-Friday	8:30am - 4:00pm	Dermatology	916 631 – 3010
Weekends, evenings, and holidays		Medical Advice	916 631 - 3040