

General Wound Care Instructions

- You will receive either an email advising you that you have a letter in your patient portal or a phone call with your results within 2-3 weeks of your biopsy.
- If you have provided an email address, please check the spam folder if you have not received a notification with this timeframe.
- If you receive an email, you will be prompted to check your online Dawes Fretzin Dermatology patient portal (please be sure to have this set up, **instructions on the back side of this page**).
- If you do not receive a letter in your patient portal or do not receive a phone call within 3 weeks following your appointment, please feel free to call the office at 317-516-5000

- Cleanse the wound daily with mild soap and warm water.
- Apply Vaseline or Aquaphor to the area once or twice a day.
- If possible, keep a bandage or gauze cover over the wound until it has healed.
- **Sutures:** Remove pressure bandage after 24 hours. Clean the sutures once to twice daily with mild soap and warm water and apply a thick layer of Vaseline or Aquaphor. Keep area covered at all times with a non-stick pad or bandage. You may get the sutures wet in the shower. Do not soak or submerge the stitches in water (pool, jacuzzi, bathtub).
- If you notice any signs of infection (fever, pus or redness spreading out from the wound) please call our office.
- **Bleeding:** A small amount of bleeding or oozing in the first 24-48 hours following a procedure is common. To minimize the chance for excessive bleeding:
 - Minimize activities which put strain on the sutures.
 - Avoid lifting more than 10 pounds until your sutures are removed.
 - If the procedure was on the face, head or neck, avoid stooping or bending over for 24 to 48 hours.
 - If the procedure was on the arm or leg, keep the extremity elevated as much as possible and limit weight bearing.
 - **If bleeding occurs, apply firm constant pressure on the bandage/site for 20 minutes.** If excessive bleeding continues, apply pressure again and please contact Dawes Fretzin Dermatology Group at **(317) 516-5000**. If the clinic is closed, follow the instructions to page the doctor on call.
- Most patients have little or no discomfort. If needed Tylenol® or ibuprofen is acceptable.
- **Swelling:** Swelling occurs as a normal response to injury and wound healing. It is usually at its worst 48-72 hours following surgery. An ice pack or a cool compress may be soothing especially around the lips or eyes. If the area treated was near the eye, it is not uncommon to experience a black or swollen eye.
- There is always an element of scarring with any surgical site. If your scar becomes thick or begins to significantly itch, please contact our office.

Accessing the Patient Portal

- Go to our website: dawesfretzin.net
- Click **Patient Login** at the top left of the screen
- Login with your credentials
 - If you have not created a MyPatientVisit account
 - Click Create an account
 - You will need a security code which is _____
 - After filling data to create account you will set up 3 security questions in the event you forget your login information
 - If for any reason you are asked for our practice ID it is **LHQVCO**
- To check your messages, click **myMessages** at the top of the screen

For any additional concerns you can reach your providers nurse at the following extensions:

Providers	Extension
Hyatt / Shrift / Bible / Worthington	126
Fretzin / Spolyar / Race / Conner	127
Isaacs / Nebesio / Golden / Tompkins	128
Dawes / Young / Oberlin / Kovacich	129
Countryman / Dent	166