

## POST-ED&C INSTRUCTIONS

1. Leave the bandage placed in the office for 24 hours.
2. No showering for 24 hours. After that, you may shower normally. It is OK to get the wound wet when showering, but no submerging the wound in water (no baths, no swimming), unless it is protected completely with a water-proof bandage.
3. After 24 hours, do the following daily for 2-4 weeks:
  - a. Clean the wound with anti-bacterial soap and water (outside of the shower).
  - b. Apply ample amount of Polysporin ointment directly over wound after washing. Polysporin is an antibacterial ointment available over the counter.
  - c. Keep covered with small dressing or band-aid.  
\*Studies show that wounds heal better when covered with ointment and a bandage.
3. After 2 weeks, continue daily wound care as above but you may leave the area uncovered when at home.
4. The area may take 4 weeks or longer to heal completely.

### FREQUENTLY ASKED QUESTIONS:

\*If bleeding should occur, apply firm direct pressure for 10-20 minutes until bleeding stops.

\*For pain, take Tylenol (acetaminophen) as directed on the bottle. Avoid medications such as aspirin, ibuprofen, or naproxen (called NSAIDs), as they increase your bleeding risk.

**PLEASE CALL US WITH ANY QUESTIONS OR CONCERNS.**

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