



Don Mehrabi MD FAAD
Board Certified Dermatologist

Subcision Care Instructions

1. Apply ice and pressure throughout the first 24 hours. Ice application can be for 10 minutes at a time, 3-5 times throughout the first 24 hours. This will help minimize swelling and pain.
2. You may shower immediately and resume all normal activities.
3. If you get a scab, DO NOT pick the scab. The longer the scab stays on, the better the wound / scar will appear.

Can I resume my usual activities? - Yes

Will I have pain after subcision? - Most patients do not have a great deal of pain after the biopsy. If you have discomfort, you should take Tylenol® (acetaminophen) and can apply ice to the area for 10 minutes.

Call us if you get the following symptoms:

- Pain that gets worse a few days after the procedure
- A lot of swelling
- Persistent bleeding - If you have bleeding, apply firm pressure over the gauze pad for 20 minutes. If it doesn't stop after 20 minutes, apply pressure again for 20 minutes. If after 40 minutes, bleeding persists, call your doctor. It is normal to have some blood on your gauze pad after the procedure.
- A temperature above 100.5 for 24 hours
- Redness, warmth, swelling, pus-like drainage at site

How do I get in touch with my doctor?

Normal business hours: Monday through Friday 9:00 a.m. to 5:00 p.m. call 310.205.3555.

After normal business hours, call 310.205.3555, and hit option 1 to be connected to one of our providers. This should only be used in urgent or emergency cases.

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