

Tretinoin Instructions and Application Schedule

1. Wash face with a mild cleanser.
2. Wait 15 minutes.
3. Apply a pea-sized amount to the entire face avoiding the eyes.
4. Follow nightly application schedule
5. Apply your moisturizer every morning and on nights when you’re not using medication.

**NIGHTLY APPLICATION SCHEDULE**

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| Week 6 |

7 Nights a week

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| Week 5 |

6 Nights a week

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| Week 4 |

5 Nights a week

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| --- |
| Week 3 |

4 Nights a week

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| --- |
| Week 2 |

3 Nights a week

|  |
| --- |
| Week 1 |

2 Nights a week

**If there are any questions, please call our office at (480) 982 – 3337**

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Bleach Bath Instructions

Pour ¼ cup of household unscented bleach into a full bathtub of lukewarm water.

Mix the water and evenly distribute the bleach.

Soak for 20 minutes then rinse with cool water.

Perform treatment 2-3 times a week



**Post-Operative Care**

Taking care of yourself and your surgical wound is extremely important to ensure success of the procedure and your recovery.

* Leave your pressure bandage on.
* You may shower with your pressure bandage on, but it must be kept dry (tape plastic wrap over bandage).
* If your pressure bandage comes off contact our office (480) 982-3337 and begin the following wound care below. Some patients will have steri-stips (tan colored) over the wound. Do not remove these with your bandage; let them fall off on their own.

If the pressure bandage is removed please perform the wound care daily.

* Wash hands with soap and water. It’s ok to get your stiches wet in the shower. Avoid swimming, hot tubs, or baths while sutures are in place.
* Do not clean the site with hydrogen peroxide. Use gentle soap and water.]
* Dry wound thoroughly with a clean, soft cloth and blot.
* Apply thick layer of petroleum jelly / Vaseline with a cotton swab (you may apply directly over the steri-strip)
* Cover wound with clean bandage; you may use a regular Band-Aid.

Signs of infection are: Increased pain, swelling, redness or yellowish drainage several days after surgery. If you are experiencing any of these symptoms contact our office (480) 982-3337. There will be some bruising and swelling – this is normal.



**Special Instructions:**

* Limit activities for 48-72 hours. Do not participate in strenuous activities while healing for 2-3 weeks following surgery. This could increase your risk of infection, worsen scar appearance and delay healing time (strenuous active does include exercising or lifting).
* After the first few days following surgery a small amount of blood may ooze from the surgical site and will be noticeable under the bandage. If blood is contained within the waterproof layer and not actively leaking or draining. Schedule a bandage change during normal business hours at (480) 982-3337.
* If profuse bleeding occurs: Apply constant, firm pressure for 25 minutes. If bleeding continues contact the office (480) 982-3337 during regular or after business hours.
* Take extra strength Tylenol if pain is present. Do not take aspirin or ibuprofen products due to increased bleeding risk.

There will be a scar and redness in the location after surgery. This will increase as part of healing progresses, but redness is expected for as long as six months to a year. Everyone will heal differently, and scarring appearance depends on the individuals’ ability to heal. Some scars heal and can hardly been seen while other scars may become thick or tender. Due to unpredictable nature of wound healing the final appearance can’t be predicted. Therefore there are not guarantees that are implied or stated as to the final appearance of the scars.

**For further questions, please call our office (480) 982-3337.**



**What is a Biopsy?**

A biopsy is the removal of a small sample of growth on the skin. The sample is sent to a lab, a pathologist will examine the sample under a microscope and will render a diagnosis regarding the type of growth or disease present.

Our providers will review the pathologist’s report and coordinates with his/her observation of your condition. Knowing the type of growth or disease helps your provider determine the best possible way to treat you. This process can take 10-14 days before you’re notified of results.

You may see various fees associated with your biopsy from different providers on your explanation of benefits (EOB) from your insurance company.

* The provider for the actual biopsy of the tissue.
* The provider for the preparation and microscope evaluation of the tissue.
* Any special stains that are used to make a definite diagnosis.

 Care of Biopsy Site

* Wash the biopsy site with soap and water
* Cleanse the biopsy site with hydrogen peroxide and thoroughly dry the area.
* Apply a small amount of Vaseline ointment only.
* Place a small dressing or Band-Aid over the wound until it’s healed.

The healing process will take 7-14 days. Any questions contact us (480) 982-3337.



**Efudex/ Fluorouracil Application Protocol**

* Wash your hands with soap and water
* Place a small amount of Efudex / Fluorouracil on your fingertip (pea-size amount).
* With your finger (do not use cotton swab) rub the cream into the area that you are treating, make sure it’s completely dissolved on the spot.
* Wash your hands after using the Efudex / Fluorouracil.
* Store the Efudex / Fluorouracil in a cool place.
* Do not wash the area 8 hours after application. After 8 hours you may was the area with mild soap and water.

**Application Protocol:**

What to expect while using Efudex / Fluorouracil: You will notice the effects in 4 phases.

* Early inflammatory phase: During the first week of application, mild inflammation occurs.
* Inflammatory phase: During the following weeks, redness and swelling occur with some crusting and burning.
* Tumor disintegration phase: Lesions resolve as the skin exfoliates.
* Healing Phase: Over 2-3 weeks, new skin grows into the treatment area.
* Complete healing generally occurs within 3-4 weeks after treatment cessation

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**Efudex/ Fluorouracil Application Protocol (cont)**

Adverse Effects may include itching, burning, soreness, tenderness, scaling and or redness at the site, as well as the area outside of the site. Swelling, small open sores and drainage may also be experienced with the use of Efudea / Fluorouracil cream. These adverse effects are normal reactions and indications the cream is working.

If the area becomes too painful you may apply Vaseline and or an ice pack for 20 minutes.

**If you have any questions or concerns, please contact us at (480) 982 -3337.**



**Consent of Medical Treatment of a Minor Child**

**PARENT OR LEGAL GUARDIAN DOCUMENTED GUARDIAN MUST ACCOMPANY MINOR ON VISIT(S).**

I hereby authorize \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ to give consent for all treatments that may be required for my child during my absence to A to Z Dermatology.

Child’s Full Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Date of Birth: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Child’s Allergies: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Current Medication: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Parent or Legal Guardian’s Phone Number: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Parent or Legal Guardian’s Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**\*\*\*Photo ID with signature must accompany signed consent of Parent or Legal Guardian\*\*\***