

## Excision Post-Op Instructions

The below guidelines are recommended:

1. Rest as much as possible. Apply a cold compress (covered/wrapped ice pack or frozen bag of vegetables) to the pressure dressing 15 minutes out of each hour while awake for the first 24 hours. If the site was on an extremity, elevating the site in conjunction with the cold compress is helpful. If the site was on the scalp, face, or neck, do not lay flat. Lay on a few pillows or in a reclining chair.
2. Report significant bleeding that does not stop with 10 minutes of direct pressure, or if you experience increasing redness or pain during the postoperative period.
3. Avoid showering the first night.
4. You may take Tylenol for pain. Please do not take other pain relievers (Advil, Aspirin, Aleve, Motrin, ibuprofen) unless prescribed or directed as they may promote bleeding. If you are having pain beyond what Tylenol can handle, please give us a call at (949)364-9264 and a medical assistant or doctor will be able to help you. You may resume blood thinners or any other discontinued medications 24 hours after the surgery, unless instructed otherwise by the practitioner or nurse and the time of dressing change.
5. Please avoid alcohol the night of the surgery to minimize bleeding. Also alcohol and smoking slow down wound healing and should be avoided until the stitches come out.
6. The following day, you may remove the pressure dressing. Your site may be swollen and/or bruised, THIS IS NORMAL. There will be brown tape covering the incision site; this should be left in place if there has not been any excessive bleeding. The evening of this dressing change you may shower with the tape in place. (If you had a leg or hand surgery, buy Hibiclens at the drug store or our office to wash the wound until stitches are removed.) Pat dry after showering and do not remove or replace the tape unless it comes off by itself. If it does come off any time after the dressing change or gets soiled, you may replace the tape as needed. You will apply antibiotic ointment on top of the porous tape until your suture removal appointment. Do not apply hydrogen peroxide or rubbing alcohol on your wound as these can slow down wound healing.

7. Limit strenuous activity in the first 48 hours to reduce the chance of bleeding or separating your stitches. The area should not be stretched for the first month after surgery. Please avoid any rubbing or friction on site (Bras, pants, bags/backpacks) No exercise recommended until after sutures are removed.

8. For leg excisions, a compression stocking must be worn for 2 weeks following the surgery during the daytime only, very important to stay off your feet for the full 2 weeks. If the excision was on an arm, keep an ace wrap on the incision until after the sutures are removed. It is best to wrap from bottom to top. If there is swelling above or below the ace wrap, remove the ace wrap, elevate the arm and reapply the ace wrap once the swelling has gone down. Ace wraps may be taken off at night when you are lying in bed. A sports bra is strongly recommended to be worn 24/7 for women who have had surgery on the chest or breast area.

9. After the sutures are removed, scarring can be minimized by wearing paper tape along the incision for up to 3 months. This tape has been put on by the medical assistant at the time of the suture removal and only needs to be replaced by you when it falls off. All activities except contact sports are permitted after sutures are removed unless you are told otherwise by the practitioner or medical assistant. The firmness or tenderness of the scar can be improved by massaging the area for 10 minutes twice a day starting at the one month period. Tape and sunscreen will also reduce the chance of darkening of the scar by protecting the area from ultraviolet light.

#### Signs of Infection:

If you experience increasing redness, swelling, drainage and/or pain 4-6 days after your surgery, please call the office to schedule a wound check with your doctor.

Please call the office with any issues: (949) 364-9264