

West Coast Plastic Surgery Center

Post-operative Instructions for Minor/Excision Surgery

If you were prescribed antibiotics take them as directed.

Caring for surgical site:

Keep pressure bandage on for at least 24hrs - do not get wet.

Before beginning wound care, wash hands with antibacterial soap

If you have tape or steri-strips on the incision, try to keep them clean and dry. If they get wet, air dry them or use a hair dryer on "cold" setting.

After the tape is off, carefully clean surgical site with a gentle soap and water, you may also use hypochlorous spray.

Unless you have glue on your incisions, apply over-the-counter Vaseline or Aquaphor healing ointment to site with a Q-tip. (skip this step if your incisions are glued or if you have tape or steristrips)

Cover surgical site with new band aid (or gauze & tape in place if necessary)

It is important to keep the surgical site clean, slightly moist, and covered and avoid scabbing to insure the best healing.

What to Expect:

-You may experience mild discomfort once the local anesthetic wears off (about 1-2hrs). If necessary, pain can be managed with Tylenol or an NSAID (Advil, Motrin, Aleve, ibuprofen)

-Mild drainage on the gauze/band aid

**If site becomes warm to the touch, produces discharge, or foul order, notify our office

-Redness around the edges of the surgical site

**If redness continues to spread outward (> 1/2 inch) notify our office

-Slight bleeding, swelling and/or bruising

**If actively bleeding, apply firm pressure for 15mins without lifting, if continues, notify our office

-You may have an underlying layer of sutures which is absorbed by the body within weeks.

**In some instances, the suture may not be absorbed, if you notice an acne-like bump or pimple forming along or in the suture line, as late as 2-8 weeks after surgery, notify our office, it may be a deep suture that failed to absorb and may need to be removed.

What to Avoid:

- First 2 days following surgery: NO smoking, ingestion of alcohol, no aspirin (unless prescribed)
- If procedure was done in an area where you shave, do not shave within 2 inches of surgical site
- Facial/scalp procedures, first 2 days: sleep upright using at least 2 pillows and limit bending
- No swimming in ponds, pools, or lakes/ocean while sutures are in and at least 2 weeks after they are removed.
- No heavy lifting (over 10lbs) or workout exercises for 1-2 weeks
- No jogging, running, speed walking, free-weight lifting, tennis, racquet ball, aerobics, golf, bowling, etc.
- If you are on blood thinners: you may purchase over-the-counter Wound Seal Powder in case of bleeding
- To reduce scar appearance: you may purchase Silagen silicon scar gel or tape to begin 2 weeks after surgery.
- Silicone gel: massage into scar twice daily for up to 12 weeks.
- Silicone tape: apply to area, leave in place until it falls off, repeat as needed for up to 12weeks.

Do not hesitate to call our office if you have any questions or concerns, 805-983-1999