

Post-Operative Instructions for Excision of Lesions and Scar Revision

Charleston Plastic Surgery

You have undergone major surgery. For a speedier recovery, please follow these instructions:

- Please keep the incision dry for 24 hours. If your surgery was performed in the office, you may take a shower the next morning. Do not rub the area, blot to dry.
- Minor bruising or discomfort is common, please take Ibuprofen or Tylenol for pain. If bruising occurs on the face, please use cold compresses for the first 36 hours. Warm compresses may be used after 48 hours. Be sure to test the warm compress on your wrist before applying to your face to prevent a burn.
- If you have steri-strips in place, please remove them if they become saturated and replace with new steri-strips. Oozing from the incisions for the first 24-48 hours is common. Please call the office if you have to change the steri-strips more than four times per day. Extras will be given to you before you leave.
- Please refrain from exercise for at least 48 hours unless otherwise instructed.
- If your incision is at or below the knee, please try to keep the area elevated when at rest.
- You will return for follow up and suture removal (if applicable) 7-10 days after surgery. Please keep the incision covered with steri-strips until this appointment.
- Starting one 6 weeks after the procedure you may start scar massage. Using firm pressure, massage the area in a circular motion for 15 minutes, 2-3 times a day. Please use a light facial lotion containing Vitamin E to facilitate scar massage. Obagi Hydrate is available for purchase at the front desk. We do not recommend utilizing formal scar gels or sheets over the incision line until about 6 weeks after surgery. Any scar gel or sheeting containing silicone is sufficient.
- One week after the procedure you may start using sun screen on the incision. SPF of 30 or greater is best to prevent the appearance of a scar. Please see the front desk to purchase the highly recommended Obagi sunscreen.
- You may notice an increase in redness of the scar site for 2-3 months following surgery. The wound is not infected, it is a result of increased collagen in the scar area which is normal. This typically subsides after 6 months.