



ALASKA FACIAL PLASTIC SURGERY & ENT
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POST-OPERATIVE INSTRUCTIONS FOR EXCISION AND WOUND CARE

After surgery, you will need to go home to take care of the incision as it heals. Be sure to follow these instructions carefully. Doing so may limit scarring, may help you avoid pain or discomfort, and may help lower risk of problems like infection. If you are confused by the instructions or you have a question, call our office. If our office is closed, leave a message with the answering service.

- You will leave the office/ surgery center with sutures. The stitches (sutures) may cause some discomfort. The sutures will be removed 7 to 14 days after the procedure.
- Keep the incision clean and dry. You may shower after 2 days but be sure to dry the stitches off right away.
- The incision may be protected with Dermabond (Dermabond is a sterile, liquid skin adhesive that holds wound edges together) or small adhesive strips (such as steri-strips) instead of a dressing or bandage. Do not scratch, rub, or pick at the steri-strips / Dermabond adhesive film.
- If glue (Dermabond) was used, be sure to dry the incision area right away if it gets wet. The glue will usually remain in place for 5-10 days, and then naturally falls off on its own after a bit of time.
- If bandage or steri- strips were used, keep the area clean and dry. Leave them in place until they become loose or fall off on their own.
- If the bandage comes off, you may gently clean the wound daily for the first 4 days with a solution of 1:1 ratio of water to hydrogen peroxide and a cotton applicators (Q-tips) to remove excessive crusting and dry blood making sure not to disrupt the wound. . You may use topical antibiotic ointment such as Polysporin or Bacitracin to apply to the area if indicated. You may apply a thin coat of Bacitracin or Polysporin ointment 3 times a day. Do NOT use Neosporin or any other triple antibiotic ointment as this may result in an allergic reaction.
- If bleeding starts, apply continuous firm pressure on the area for 30 minutes without removing the bandage. If bleeding persists hold continuous firm pressure for an additional 30 minutes. If the bandage becomes saturated it may be replaced. **If bleeding does not resolve after 1 hour, please call the office immediately.**
- Apply ice gel-pack or frozen peas/corn every 2 hours for 20 minutes at a time for the rest of the day.

- Sleeping with head and shoulders elevated, such as 2-3 pillows or in a recliner will keep swelling down and help control pain.
- **No alcohol** for 48 hours after surgery. Alcohol can increase bruising and may interact with your pain medication.
- **For pain:** You may take 1-2 Extra Strength Tylenol (or the prescription pain medication provided)
- Refrain from smoking until after the first follow-up visit. Smoking will interfere with healing and increase the risk of complications.
- You may notice some soreness, tenderness, tingling, numbness, mild irritation, and itching around the incision. There may also be mild oozing and bruising for the first few days after surgery. This is normal and no cause for concern but *if the discharge does not decrease after a few days, become red with blood, or contain pus, call our office immediately.*
- You may apply make-up and / or sunblock as directed by your physician.
- Avoid strenuous activities and no lifting more than 20 lbs. for the first week after surgery.
- Do not use lotion or powder on incision
- Do not expose incision to direct sunlight for 3 to 9 months after surgery. As an incision heals, the new skin that is formed over the cut is overly sensitive to sunlight and will burn more easily than a normal skin. Bad scarring could occur if the new skin gets sunburned.

SIGNS OF INFECTIONS:

Call our office if you notice signs of an infection, such as:

- A yellow or green discharge that is increasing
- A change in the odor of the discharge
- A change in the size of the incision
- Redness or hardening of the surrounding area
- The incision is hot to the touch
- Fever
- Increasing or unusual pain
- Excessive bleeding that has soaked through the dressing

If you have questions or concerns following your surgery please call our office at **907-671-6017** (after hours, ask for ENT doctor on call) or call **911** for emergency.