



POST-OPERATION EXCISION MASS LESION INSTRUCTIONS

1. Your incision has been repaired with plastic surgical expertise. Some mild bleeding can occur after surgery, especially if you have had aspirin in the past two weeks. Most bleeding stops by holding constant pressure over the area for at least 5 minutes. Expect some bruising and swelling to the area as well. This usually gets worse in the first 3 – 5 days after your repair but should resolve in 2-3 weeks. If wound is on face, elevate head with an extra pillow when sleeping and avoid wearing makeup anywhere near the area until instructed by Dr. Westawski.
2. Dry gauze dressings may be removed the day after your procedure unless otherwise advised by Dr. Westawski. You may need to replace these if there is still drainage from the incision. If any Steri-Strips were used, please leave this in place as long as possible. Keep wound(s) clean and dry; apply new dressings as needed. You may shower normally, but pat Steri-Strips dry – do not rub them. If they do fall off, cover them with antibiotic ointment and a Band-Aid. When applying antibiotic ointment, be gentle. Apply three times a day for the first two weeks, then as needed.
3. Use ice compresses to help keep swelling of an injury to a minimum. They are most effective in the first 12 to 24 hours after injury. Use ice and a bit of water in a plastic bag and wrap with a thin towel. Apply ice 20 minutes on, 20 minutes off. Don't freeze your skin! Reapply ice several times.
4. Do not swim in "open bodies of water" (lakes, oceans, streams) while you have sutures in your skin, they can get infected. Avoid Whirlpools & hot tubs until after your 1st post-op appointment.
5. Do not use hair dye products while you have sutures in your scalp. Dyes can track along your sutures and tattoo your skin.
6. You can use acetaminophen (Tylenol) or ibuprofen (Motrin or Advil) every 4 to 6 hours as needed for pain.
7. Be sure to call me with any problems with your wound or medications. Watch for increasing pain or redness around the wound, bad odor, green/yellow or milky drainage, and excess warmth at the site, fever, chills, or flu-like symptoms.
8. Please call to schedule your follow up appointment for 7-10 days postoperatively.

First Post Operative Appointment _____

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