

POST-EXCISION CARE

Patient Name _____ Patient DOB _____

TODAY

You have:

- ☐ ABSORBABLE SUTURES that will dissolve on their own
- ☐ NON-DISSOLVING SUTURES that will need to be removed in:
- 5-7 days 7-10 days 10-14 days
- Suture Removal Appointment: _____

FIRST 48 HOURS

- ✓ Do leave on the pressure bandage we applied to your surgery site.
- ✗ DO NOT allow the bandage/surgery site/wound to get wet.

AFTER 48 HOURS

1 REMOVE BANDAGE, SHOWER NORMALLY, CLEANING GENTLY

2 DO YOUR FIRST VINEGAR WATER SOAK

Combine 1 part vinegar to 4 parts water. Soak CLEAN cotton washcloth or cotton ball in vinegar solution and place on affected area for 5 minutes. Pat dry and apply fresh bandage.

TIP! Do not place the wash cloth or cotton ball back into the solution. Use a new washcloth/cotton ball every single time.

3 CLEAN THE SUTURE LINE, APPLY VASELINE OR POLYSPORIN, REBANDAGE THE WOUND.

Use Hydrogen Peroxide and clean Q-tips to clean the suture line of all dried blood. After the suture line is free of dried blood, apply a generous amount of Polysporin or Vaseline to the suture line and apply a band aid. (You do not have to apply a pressure bandage)

TIP! If your skin is sensitive, it is best to bandage your wound with gauze and paper tape. Allergic reactions to bandages can slow down wound healing and worsen the appearance of the scar.

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GUIDELINES

- Limit activity to allow healing. It is best to elevate the area above the heart as much as possible to decrease swelling. You may resume exercise in 2 weeks or after suture removal.
- You may return to work the next day as long as you are not requiring pain medication and your job does not require strenuous activity.
- While you are taking pain medication, we recommend that you also take a stool softener to help minimize constipation. Do NOT drive while taking prescription pain medication.

FAQ

What should the site look like after surgery?

Often excision sites initially appear bumpy. This is expected and necessary. This appearance will gradually improve over the next 3-8 weeks. You may notice a tender bump near the excision site weeks to months after the procedure. This is a deep suture resurfacing, known as a "spitting suture." They can resolve spontaneously, however if redness or tenderness persists for 2-3 days, apply POLYSPORIN OINTMENT and cover area with a bandage.

Can I use anything to improve the appearance of my scar?

Two weeks after surgery, you may start using Silagen Scar Gel or Silagen Scar Sheets to improve the final appearance of your scar. Both are available at our office and should be used for a minimum of 2 months.

WHEN TO CALL

Please call us at (205) 995-5575 or email us at hoover.nurse@invernessderm.com if you have any questions or concerns that your wound is not healing normally or you develop **fever, foul smelling drainage, marked redness, swelling, or intense pain.**

SUPPLIES YOU MIGHT NEED

- | | |
|--|---|
| <input type="checkbox"/> white vinegar | <input type="checkbox"/> Vaseline or Polysporin (NOT Neosporin) |
| <input type="checkbox"/> cotton balls or clean cotton washcloths | <input type="checkbox"/> bandages/band-aids |
| <input type="checkbox"/> hydrogen peroxide | <input type="checkbox"/> gauze |
| <input type="checkbox"/> Q-tips | <input type="checkbox"/> paper tape |