

NEW

PORT HURON EAR, NOSE, AND THROAT
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Postoperative Instructions for Plastic Surgery of the Skin

(These are general instructions only. If your doctor gave you specific instructions, please follow those orders.)

Definition:

Plastic surgery of the skin may include excision of skin lesions, either cancerous or benign, scar revisions, etc.

Activity:

Normal activity may be resumed shortly after surgery. It is important not to do any activity that may place stress on the incision site. It is also important to keep the incision clean and dry. After this is cleaned and dried, a Bacitracin ointment should be applied and maintained over the incision site at all times. Smoking should be avoided as it decreases blood flow to the healing tissues and can result in poor healing and tissue loss.

Diet:

No dietary restrictions, but may progress to a regular diet as tolerated.

Medication:

If a pain medication is prescribed, these medications may cause some nausea or vomiting, stomach upset, or constipation. If any of these symptoms are noted, please switch to a plain Tylenol medication. Avoid all aspirin or aspirin products. Avoid Motrin. If an antibiotic is prescribed, please take this until finished.

What to Expect:

For the first 3-5 days, crusting will form around the incision site and fresh Bacitracin ointment should be applied. The incision site should continuously be covered. This will improve the chances for better healing and less scar formation.

Contact your doctor if:

There are any signs of infection or any problems with the incision site.

Postoperative Care:

Keep the involved area clean and dry, but covered with the antibiotic ointment such as Bacitracin ointment. Showering is permitted 24 to 36 hours after, but do not immerse the laceration in water for a prolonged period of time; such as bathing, swimming or washing dishes. Watch for signs of infection such as redness, swelling, pus or red streaks around the wound, increasing pain or fever. If any of these signs occur, report to your doctor immediately. Elevate the wound.

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Postoperative Care (cont):

This will help relieve pain and decrease swelling. Call the office for postoperative check and for suture removal. This should be done at a period from 5-7 days from the time of the surgery.