

Excision Post- Operative Instructions

1. **Wound Care** – Once Daily Until Suture Removal
 - A. Leave the bandage on for 24-48 hours after excision and do not get it wet.
 - B. 24 – 48 hours after surgery, remove dressing. Wash the wound **ONCE** daily with soap and water.
 - C. Dry wound **THOROUGHLY** but gently with clean soft cloth or cotton gauze by blotting.
 - D. Apply thin layer of Vaseline or Aquaphor to the wound. **DO NOT USE NEOSPORIN, BACITRACIN, POLYSPORIN** or other topical antibiotics unless otherwise directed.
 - E. Cover with clean dressing like band-aids, gauze, and dressing tape, etc. **ONCE** daily until stitches are removed.
2. **Bleeding:** Bleeding can occur following surgery, and a small amount on your dressing is normal as the wound heals. To reduce the possibility of increased bleeding, be sure to limit activities. We request no heavy lifting (nothing over 10 lbs) for at least 2 weeks. No tennis, golf or exercise of any kind that may induce sweating and tugging at the stitches as this can increase bleeding, infection, and poor wound healing.
***** Should active significant bleeding occur, apply firm constant pressure on the bandage for 20 minutes, without “peeking.” This can involve wadded up clean gauze and tight taping or wrapping of the area. If that does not stop the bleeding, try one more 20-minute session. This will usually stop minor bleeding. If you can’t stop the bleeding with this technique, please call our emergency after-hours number at 843-694-1050 BEFORE you go to the Emergency Room if at all possible *****
3. **Swelling:** This occurs because surgery causes a wound and your body reacts to that injury with bruising and swelling. If you take blood thinners or bruise easily this can be more noticeable. To reduce the amount of swelling that may occur, apply an ice pack or baggy of crushed ice for 20 minutes each hour for the first day, while you are awake. Apply, the ice over the bandage. Elevation or compression socks can help legs.
4. **Pain:** This is generally slight. In nearly all cases, either Advil Dual Action OR *Extra Strength Tylenol (Acetaminophen)* and Motrin (Ibuprofen) will reduce any pain you may experience. If you have severe pain that does not get better with *Tylenol (Acetaminophen)* and/or *Motrin (Ibuprofen)*, or is increasing rather than decreasing this may be a sign of infection if more than 48 hours post operatively. If pain is increasing greatly within the first 48 hours and accompanied by increasing swelling, this may be a small hematoma and may need treatment. In these cases, call our office at 843-837-4400 to discuss if you need to come in to be evaluated.
5. **Infection:** It is normal to have a red, slightly swollen area immediately surrounding the wound for the first few days. It is also normal for the wound to leak clear to yellow bloody fluid for up to one week. **Signs of a true infection are: Increasing pain, increasing swelling, streaks of red radiating from the wound, or yellowish drainage several days after surgery. If you experience any of the above, please call our office at 843-837-4400.**
6. **Scarring:** There will be a scar and redness after surgery. This will decrease as healing progresses; redness should be expected for as long as six months. Everyone heals differently and the final scar appearance depends on the individual. Some scars heal and are barely noticeable, others become thick and tender. Attention to post-operative activity limits, and attention to wound care can make this process as efficient as possible for healing.