



Dr. Jaclyn A Klimczak, MD

Facial Plastic Surgery

## POSTOPERATIVE CARE OF SCAR REVISIONS, LESION REMOVALS (CYST, LIPOMA, OSTEOMA ETC)

Please follow these instructions carefully. Your final result will depend upon how well you care for the treated areas

### DAY 1

- Your wound will be covered with a bulky bandage called a pressure dressing. This should be left in place and kept dry for 24 hours
- After 24 hours the bulky bandage will be removed in the office or at home if cleared to do so by your surgeon

### WEEK 1

- **DO:** keep the brown paper dressing over the incision line until your follow up appointment. If it falls off, you can leave it open to air and clean the incision as directed below
- **DO:** Clean the suture skin lines located with **hydrogen peroxide** on a Q-tip 4-6 times daily. If any of the incisions reside in the hair use **witch hazel** instead of hydrogen peroxide to clean the suture lines.
- **DO:** Apply a small amount of Bacitracin ointment to the suture skin lines following cleaning. It is okay if ointment gets in the hair, however it makes the hair greasy
- **DO:** Shower normally – it is perfectly fine for the wound to get wet in the shower, but **DO NOT** scrub the incision line
- **DO:** Shower using Johnson's Baby Shampoo for the first week if any of the incisions are in the hairline or scalp
- **DO:** Elevate the head of the bed to 30-40 degrees for the first 1-2 weeks to help minimize swelling. Use pillows, a wedge cushion, or a recliner. **Sleep on your back** not on your side or stomach.
- **DO:** wash face with lukewarm water only
- **DO:** wear eyeglasses if necessary



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- **DO:** wear a wig, if desired, as long as it does not irritate the staples or sutures
- **DO:** use cold compresses around the eyes as needed to reduce swelling but **DO NOT** apply ice directly over the reconstruction. This impairs wound healing

.....**DO NOT**.....

- **DO NOT:** use any hair sprays or conditioners for the first 2 weeks if any incisions are in the hair or scalp. No hair a permanent dye or coloring for 5 weeks.
- **DO NOT:** Apply makeup to the face unless directed by your surgeon
- **DO NOT:** do not shave your face or pluck any hairs for the first week
- **DO NOT:** engage in any heavy lifting, strenuous exercise or straining for 1 week or until cleared by your surgeon. This can increase blood pressure and cause bleeding.
- **DO NOT:** drink alcoholic beverages for at least 48 hours or until cleared by your surgeon
- **DO NOT:** take any herbal supplements, NSAIDS, aspirin or blood thinners for 1 week unless cleared by your surgeon

**WEEK 2**

- **DO:** use a gentle cleanser like Cetaphil or Cerave soap to gently cleanse the skin. Do not wash with cleanser more than twice a day
- **DO:** continue cleaning, as described in week one, if crusts along incisions are still present
- **DO:** use water based hypoallergenic makeup that you have used in the past if skin is smooth and free of crust.
- **MEN:** shave with electric razor only, not directly over incisions or crusted areas



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**REMINDER:**

1. Bruising usually persists for approximately 2 weeks, but in some individuals may take several weeks to completely subside. Bruising and swelling peaks at 3-5 days postop
2. Depending on the area or surgery and size of the reconstruction you may retain swelling for several weeks to months. During that time, you may notice some lumpiness, tightness, and numbness.
3. As the swelling subsides, so should the conditions associated with it. Numbness typically persists for 3-6 months
4. It is not uncommon for the wound to drain fluid or bleed in the first few hours after surgery
  - a. If significant bleeding occurs that soaks the dressing or leaks from the dressing, remove the dressing and apply direct pressure to the bleeding site with rolled up clean gauze or clean cloth. Keep constant pressure on the site for 20 minutes without removing the new dressing (this means no peeking to look at the wound for 20 full minutes).
  - b. If bleeding continues after two 20-minute cycles of applied pressure, call the number below or go to the nearest emergency room.

**PLEASE REPORT TO THE CLINIC OR CALL IF YOU ARE EXPERIENCING ANY OF THE FOLLOWING SYMPTOMS:**

1. Temperature elevation
2. Sudden swelling or discoloration
3. Excessive Bleeding
4. Discharge from the wound edges or other evidence of infection
5. Development of any drug reaction
6. Severe Pain not responding to pain medications



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Finally, please contact us at should you have any questions at the following number:

Telephone: (561) 939-0900

I certify that I have been given a copy of these instructions

Patient name: \_\_\_\_\_

Relationship to patient: \_\_\_\_\_

Patient Signature: \_\_\_\_\_

Date: \_\_\_\_\_ Time: \_\_\_\_\_

Witness: \_\_\_\_\_

Date: \_\_\_\_\_ Time: \_\_\_\_\_