

SCAR REVISION AND/OR EXCISION OF LESION POST-OPERATIVE INSTRUCTIONS

You will need to purchase: Hydrogen peroxide, Q-tips, antibiotic ointment (Bacitracin or Polysporin), and prescriptions (if applicable).

General Information:

1. Local anesthesia tends to wear off within one(1) hour after discharge. If you need pain medication, please take with food.
2. Avoid rapid temperature changes and/or direct sunlight for several weeks. We recommend using a sun block containing an SPF of at least #20 and UVA and UVB protection, wearing a hat and using sunglasses when in direct sunlight for the first six (6) months after surgery.
3. Avoid direct physical contact to the incision site. As a general rule, avoid sporting activities for 10 days after surgery.
4. Using a Q-tip, cleanse the site with hydrogen peroxide in a rolling motion to remove any crusting. Cleanse the site three to four (3-4) times a day to promote healing and minimize the final incision line. Apply antibiotic ointment after each cleansing. Mild soap and water cleansing is also permissible, but dry the wound thoroughly, but gently, afterwards.
5. You may shower and let soapy water run across the wound 3 days after your procedure. No not scratch at the stitches or tapes (if present). Pat dry with a towel.
6. Sutures will be removed in the office in five to fourteen (5-14) days depending on the type and site of the wound.
7. The sutures may be either exposed to the air, or a bandage can be applied. Occasionally, your doctor may apply a pressure dressing, which is typically removed in the office. If such a dressing is applied, we will make the follow-up appointment the day of the procedure.
8. Personal hygiene may be resumed eight (8) hours after surgery. **DO NOT** allow the shower spray to fall directly onto the incision line. **Blot dry-do not rub** the towel over the sutures.
9. You may return to work the following day in most cases.
10. You may resume your diet/meals within two (2) hours of procedure. We suggest that your first meal be a light one, as some medications can increase stomach sensitivity.

**Please do not hesitate to call Dr. Sidle if you have any questions or concerns.
Office 312-695-8182**