

Post Surgical Instructions

Wound care

Your dressing should remain dry and in place for the first 48 hours after the procedure. If the dressing comes loose before then, replace it carefully.

Two days after the procedure, remove the dressing covering the wound. Gently cleanse the wound daily with soap and water and apply Vaseline or Aquaphor ointment to the area followed by a bandage. You should clean, cover and use ointment until the wound heals completely. You may shower as usual two days after the procedure, avoiding direct water pressure on the wound from the shower stream.

What to expect

For the first day or two, be careful not to move or irritate the wound site to avoid unnecessary bleeding. The pressure of the bandage should help to prevent bleeding but a small amount of blood on the dressing is normal. If bleeding seems persistent, apply pressure firmly and steadily over the dressing for 15 to 20 minutes. This will usually stop the bleeding but if it does not, call our office promptly or go to the nearest emergency room.

In addition, there may be swelling and bruising around the wound, especially if your face or the area around your eyes was treated. To minimize this, the day after surgery you may apply an ice pack over the dressing every 2 to 3 hours for 10 to 15 minutes. The wound may feel numb for up to several weeks, but this almost always resolves with time.

After surgery, the suture line and wound edges will appear pink to red in color but the area will lighten every day. Once the sutures are removed, or dissolve, the incision line and suture marks will continue to fade over weeks to months. In rare instances, a wound may heal with a thickened scar. This usually occurs in patients with a prior history of poor healing but is also dependent upon the location of your incision. If you develop a fever or chills or the wound becomes increasingly inflamed, warm, or contains pus, please call our office or go to the nearest emergency room.

Managing Pain

Post-operative pain is usually minimal. Take 2 tablets of ibuprofen and 1 tablet of acetaminophen every four hours as needed. An ice pack can usually decrease the pain as well. Post-operative pain usually resolves within the first week following surgery but you may experience discomfort in and around the wound as it heals over the next few weeks.