



Phone: (904) 880-0911 Fax: (904) 880-9388

POST-OPERATIVE INSTRUCTIONS
EXCISION

For the first 48 hours, you should keep your head elevated on 2-3 pillows when sleeping. You should be out of bed the day after surgery.

Apply ice to your operated area for the first 72 hours. Alternate 20 minutes on, 20 minutes off while awake, as much as possible!

Your incisions are not fragile and will not open up. At home, gently clean the incision with soap and water and then apply a small amount of Bacitracin ointment or Aquaphor with a Q-tip twice daily in order to keep them moist.

The first post-operative visit will be 1 week after surgery. Your sutures will be removed at this office visit.

Make-up may be applied after the post op visit if approval is given. The make-up should be purchased NEW to avoid introducing infection.

A feeling of tightness and swelling in the operated area is normal and will relax within a few weeks.

Unless instructed otherwise, please **RESUME** Aspirin and/or blood thinners 4 days after surgery if you are **NOT** actively bleeding.

CALL THE OFFICE WITH ANY CONCERNS OR PROBLEMS (904) 880-0911.