

DR. COLIN MCINNES

PLASTIC SURGERY

Lesion Excision – Post-Operative Instructions

Apply pressure to the area for 5 minutes after surgery to decrease bruising. If you notice any bleeding at home (which occasionally happens as the freezing wears off), take a clean cloth and apply firm pressure to the area for 20 full minutes without removing the pressure. This resolves 95% of bleeding problems. If bleeding persists, try again for 30 minutes, and if still problematic call our office (during regular work hours, 8am-5pm), the plastic surgeon on-call (604-527-4925; for weekends or after hours), or visit your nearest emergency department. Keep the area elevated as much as possible over the next few days to decrease swelling. Icing the area can also be helpful, just don't get the dressing wet. You may shower after 24 hours. If you can keep the surgical site dry for 2-3 days that is ideal (don't worry about this if the excision was in your hair). After showering, if your surgical site gets wet, lightly pat the tape with a dry cloth or use a hair dryer to dry it out. No bathtubs, hot tubs, pools, lake water, well-water to the area until it has completely healed (~3-4 weeks).

Do the following, depending on your dressing:

- Outer transparent dressing: leave it on for 1 week. Water can run over it. Leave the tape on for another 3-7 days, then remove.
- Outer tape only: leave it on for 10-14 days, then remove. If it comes off sooner that is ok.
- Sutures only: apply a very thin layer of polysporin 1x/day. If the skin develops a rash, stop the polysporin!

INFECTION / COMPLICATIONS

If you have any signs of infection (eg. increased pain after 2-3 days, increasing redness, shiny skin, purulence, fevers, red streaks up your arm), call my office for an appointment to see me. Do not delay! If you notice this afterhours, please go to your nearest emergency department. If you have an incision area where the skin comes apart, please call the office for a follow-up appointment. This is usually just treated with a thin layer of polysporin until it heals.

AFTER HOURS EMERGENCY CARE

If you are having a true emergency, please call 604-527-4925 and ask to speak with the plastic surgeon on call or visit your nearest emergency department.

FOLLOW UP

___ Call my office within 2 days for a follow up appointment in ___ days or ___ weeks.
___ Office ___ RCH Cast Clinic

___ You do not need a follow up appointment with my office unless you have a specific concern, or want me to assess your incision directly. Your sutures are dissolving. If they are still visible after 3 weeks, take a clean dry cloth after showering and gently rub the area. If they do not slough off, repeat this 1 week later.

SCAR MANAGEMENT

It takes a full year for a scar to mature. It will become red after surgery, and then typically starts to fade to white after ~6 months. If it gets too much sun while it is healing, it can turn permanently dark, so I recommend keeping the area out of the sun as much as possible. Techniques include sun-avoidance, long clothing, and applying sunscreen (SPF 30) even if it's cloudy. I typically recommend using a non-irritating lotion that contains sunscreen daily for the first 6-12 months.

307 – 233 Nelson's Crescent, New Westminster, BC, V3L 0E4

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After 3 weeks, assuming the incision is well healed, you may begin scar massage to the area to help soften the scar. I recommend using a lotion or cream that doesn't irritate your skin, and massaging it into the scar for 5 minutes, several times per day. I carry a medical-grade scar cream in my office, or you can purchase a regular scar cream elsewhere. Also, if there is too much tension across your scar (eg. with certain movements) it can widen with time.

PATHOLOGY

Unless specifically told otherwise, you should **call the office in 3 weeks to get your pathology results**. If you have a follow-up appointment, your pathology will be reviewed then. Your family doctor will get a copy of the pathology results. Note, if you've had a precancer/cancer removed, you should be vigilant and check the area periodically for signs of local cancer recurrence. This could be done every 3 months. If you notice abnormalities at the surgical site, such as signs of a lesion forming along the scar edge similar to the removed cancer, please have these assessed by your GP, dermatologist, or Dr. McInnes.

QUESTIONS

If you have any questions or concerns, please call or email the office.

PAIN MANAGEMENT

The freezing from your procedure will wear off in 2-3 hours, and you will start to notice some soreness afterwards. This is normally well controlled with over the counter medication. For adults without allergies to these medications, I usually recommend taking Tylenol and Advil together (on a full stomach). These don't interact with each other, have fewer side effects than narcotics, and are quite effective at the doses written below.

Recommended Pain Medications (assuming you don't have allergies or contraindications)

Tylenol (acetaminophen) Extra Strength: 2 tablets (1 gram total), every 4-6 hours as needed

Advil (ibuprofen): 400-600mg, every 6 hours as needed

- These medications can usually be taken together as they do not interact.

Date:

_____ ***Rx***

- Tramacet, 1-2 tabs PO q4h PRN x 25 tabs
- Tylenol #3, 1-2 tabs PO q4h PRN x 25 tabs
- Keflex 500 mg PO QID x 3 days
- Other:

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