

Postoperative Instructions – Scar revision and Mole removal

Maximize your results after scar revision surgery or mole removal by following these basic post-treatment instructions. Please contact the office with any questions.

General

- Numbness around the area is common
- No smoking or alcohol
- No aspirin, ibuprofen, Motrin, Advil, or similar anti-inflammatory medication. You will be advised you when you may resume taking these medications.
 - Other blood thinners, such as Coumadin or Plavix, must also be discontinued, under the guidance of your primary care physician.
- No herbal medications, supplements, or teas.
 - Increased risk of bleeding include, but are not limited to Vitamin E, garlic, ginger, ginkgo, ginseng, kava, and St. John's Wort, fish oil, and green tea
 - Arnica montana herbal *tablet* may help reduce bruising and swelling

Diet

- Advance slowly from liquids to soft, then solid foods. No restrictions on specific type of food or drink. Drink plenty of fluids. No gum chewing. You may use a straw.

Activity

- Sleep with your head elevated for the first 48 hours, to help reduce facial swelling.
- Do NOT blow nose.
- Avoid sneezing. If unable to avoid sneezing, then sneeze with your mouth open.
- Do NOT bend over or hang your head down.
- No heavy lifting, straining, strenuous activity, or sex for at least 2 weeks.

Wound Care

- Avoid getting area wet for first 48 hours.
- Remove dressing after 2 days. Small amount of blood is normal.
- Steri-strip tape bandages may have been applied to your incision. Leave this tape in-place. The tape will gradually peel off in a few days.
- Keep the incision dry. You may wash the area with a mild soap and luke warm water *after* 48 hours. Do NOT soak area in water, or leave wet dressing against wound.
- Gently pat area dry with clean towel. *Do NOT rub.*
- Place plain petrolatum ointment (ex. Vaseline) via a cotton-tip applicator on the incisions. Keep moist with ointment at all times for 1 month. *Do not use any other creams/lotions.*
- Keep clean ice-packs, wrapped in a clean cloth, over the area for the first 48 hours. Use ice every hour while awake to help reduce swelling.
- Avoid direct sun exposure. Generally, you may start using sunscreen over the area at 1 week after the sutures are removed.