

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 Dr. Chaboki with any questions.

General

- Numbness around the area is common
- No smoking or alcohol
- No aspirin, ibuprofen, Motrin, Advil, or similar anti-inflammatory medication
 - Other blood thinners, such as Coumadin or Plavix, must also be discontinued, under the guidance of your primary care physician. Dr. Chaboki will advise you when you may resume taking these medications, which may be a few days.
- No herbal medications, supplements, or teas.
 - Herbals with an increased risk of bleeding include, but are not limited to Vitamin E, garlic, ginger, ginkgo, ginseng, kava, and St. John's Wort

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

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, or strenuous activity for at least 2 weeks

Wound Care

- Remove your gauze dressing after 2 days. Small amounts of blood is normal
- Keep clean ice-packs, wrapped in a clean cloth, over the area for the first 48 hours. Try to keep the ice on as much as possible while awake to help reduce swelling.
- 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.
- If your wound does not have a steri-strip bandage, then gently wash the incisions with full strength hydrogen peroxide on a clean cotton-tip applicator two times a day, only for the first 48 hours.
- Place *Bacitracin* ointment via a cotton-tip applicator on the incisions after each hydrogen peroxide wash for the first 48 hours, then switch to plain petrolatum (Vaseline). *Do not use any other creams/lotions.*
- Keep the incision dry. You may wash the area with a mild soap and luke warm water *after 2 days*. Do not soak the area in water, or leave wet dressing against wound.
- Gently pat the area dry with a clean towel. Do not rub.
- Avoid direct sun exposure. Generally, you may start using sunscreen over the area at 1 week after the sutures are removed.

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Specializing in rhinoplasty (nose job surgery), face lift, neck lift, blepharoplasty (eyelid surgery), brow lift, Botox, facial fillers, and skin care for Washington DC, Maryland, and northern Virginia.