

SCAR REVISION/EXCISION OF LESION SURGERY INSTRUCTIONS

You will need to purchase: Hydrogen peroxide, Q-tips, antibiotic ointment (Bacitracin or Polysporin), and prescriptions (if applicable).

General Information:

1. Local anesthesia tends to dissipate within one (1) hour after discharge. If you need pain medication, please take with food.
2. Avoid rapid temperature changes and/or direct sunlight for several weeks. We recommend using a sunblock containing an SPF of at least #20 *and* UVA and UVB protection for the first six (6) months following your procedure. Scars can become hyper-pigmented with sun exposure. Wearing a hat and sunglasses may also be indicated.
3. Avoid direct physical contact to the incision site. As a general rule, avoid sporting activities for five to ten (5-10) days after surgery.
4. Using Q-tip, cleanse site with hydrogen peroxide in a rolling motion to remove any crusting. Cleanse the site three-four (3-4) times a day to promote healing and minimize the final appearance of the incision line. Apply antibiotic ointment after each cleansing. Mild soap and water cleansing is also permissible. Make sure to dry the wound thoroughly but GENTLY afterwards.
5. The sutures may be left uncovered and exposed to air, or a bandage can be applied. Occasionally, your doctor may apply a pressure dressing which typically will be removed in the office.
6. Sutures will be removed in the office in five to ten (5-10) days. It may be necessary to apply steri-strips to the incision site after the sutures have been removed.
7. Personal hygiene may be resumed eight (8) hours after surgery. **Do not** allow the shower spray to fall directly onto the incision line. Blot dry – **do not** rub the towel over the sutures. **Do not** apply make-up directly to the incision site until instructed to do so by our office.
8. You may resume your diet/meals within two (2) hours of the procedure. We suggest that your first meal be a light one, as some medications can increase stomach sensitivity.

Please do not hesitate to call Dr. Hobgood if you have any questions or concerns.