

## Minor Surgery Post-Op Instructions

1. Remove your dressings to shower. Until stitches are removed, wash over incision gently with soap and water several times a day and at bedtime. If incision develops scabs or crusts: soak the incision 3-4 times daily with a warm wet washcloth for 5-10 minutes – then gently dab the area to remove scabbing (DO NOT RUB). **Dr. Fox's & Dr. Hedrick's** patients apply **Bacitracin Ointment** 3-4 times daily. **Dr. Schmidt's** patients do not use ointment unless told to do so. Wear gauze dressing over the incision only if it is rubbed by your clothes. Do not use Telfa bandages. Try to leave the area open as much as possible.
  2. DO NOT take aspirin for 1 week; Advil, Motrin, Ibuprofen for 3 days. You may take a multivitamin, but avoid pure vitamin E tablets for 2 weeks.
  3. If you have a lesion removed from your forehead or eye area:
    - \* Apply ice over a wet wash cloth to the eyes. Alternate ice on for 30 minutes then off for 30 minutes for 12-24 hours. If swelling or bruising occurs and progresses rapidly, please call the office immediately.
    - \* Keep your head elevated until sutures are removed.
    - \* Sleep on two pillows at night. Place old towel over pillow to protect pillowcase.
    - \* No strenuous exercise for one week.
    - \* Use Natural Tears (available over-the-counter) if eyes become dry or irritated.
  4. Avoid soaking in bathtub, swimming pools, hot tubs, ponds or lakes for 2-3 weeks.
  5. If you develop a fever or have redness, swelling, purulent drainage in the operative site that could indicate infection; or persistent or increased bleeding please call the office immediately.
  6. When sutures are removed, we may apply tapes for added protection. Leave them on for one week. They do not need to be replaced if they fall off sooner.
  7. Begin massaging the area(s) many times a day with hand lotion one month after surgery.
  8. Keep the areas out of the sun for six months. Use a sunblock with a SPF #45 or higher. The area may be covered with a Band-Aid or clothing.
  9. Apply Mederma 2-3 times daily (generic available) AND apply Scar Therapy sheet at bedtime 3 weeks after surgery
- If you have any questions or concerns, please call the office at (937) 886-2980.**