

# SKIN EXCISION INSTRUCTIONS



## MCRAE PLASTIC SURGERY

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If surgery was performed on the face or scalp please remain upright until bedtime. For sleeping, prop up pillows to keep the head elevated above the heart. Follow this procedure for the first 3 nights. This will help reduce swelling and bruising of the face.

Bruising and postoperative bleeding are common after skin excision particularly for large areas of the face. This should stop within 24 to 48 hours. Manual compression with gauze or clean towel for 10 minutes without interruption should stop most bleeding. For the night of the procedure please place a clean towel under the operative site so as not to soil the bedding or pillow.

You may remove the outer dressing if soiled and replaced with a new bandage. You should keep the area dry for 72 hours after the procedure.

-Steri-Strips beneath the bandage will fall off in the shower usually within the first week. **If steri strips are still present at 1 week after surgery, they should be removed.** When Steri-Strips are off you can place Polysporin over the incision line after you shower and cover with a bandage. Limit your shower length to 5 minutes. Limit Polysporin use to 7 days.

-Liquid antibacterial soap can be used directly over the incision line as well as the Steri-Strips. Be gentle with incision sites so as not to disrupt the sutures in the first 2 weeks.

It is not appropriate to have the incisions submerged under water so a bath or swimming pool is not permitted for 1 month after your surgery unless otherwise specified.

Increasing pain and redness at the surgical site could indicate a local infection requiring antibiotics. Please contact us for reevaluation should this occur.

If a biopsy is taken, we will contact you when the biopsy results are available by telephone. Reevaluation clinic is possible but currently limited due to COVID. If there are any issues requiring in person evaluation we are happy to organize.

### **If you have a skin graft performed,**

We will see you at 1 week for removal of the dressing. **Please keep this site totally dry.** This dressing will be reapplied in the incision area is to remain dry for 2 weeks total. The donor site dressing can be removed at 1 to 2 weeks. At 2 weeks both the skin graft donor site and recipient site can be washed daily with soap and water with non-scented moisturizer used at both sites.

If a follow up visit is necessary, the Martin Center booking line for follow up visits with Dr. McRae in Toronto is 416-864-5280.