



PSI SURGERY CENTER, LLC.

9985 Dayton Lebanon Pike

Centerville OH 45458

(937) 886-2980

POST-OPERATIVE MINOR SURGERY INSTRUCTIONS:

1. Remove your dressing's as directed by your physician if applicable. Most incisions do not need dressings. You may shower the day after surgery.
2. Wash incisions unless otherwise instructed with soap and water twice daily. If really oozy, you may have to do this a few times a day. Shower normally. Soak any bloody crusty or scabby material off of your incision with a warm, wet washcloth a few times a day and dab to remove scabbing. Do not rub. Blot dry. Apply Bacitracin, Vaseline, or Aquaphor a few times a day to keep the incision a bit greasy. You do not have to use a lot. Keeping the wound edges from drying out helps the wound heal better. Most incisions do not need a Band-Aid. Band-Aids irritate the fragile incisions. If rubbing against your clothing, cover your incision with a bit of ointment and a cotton 4x4 gauze dressing with a piece of paper tape.
3. Avoid all smoking. Avoid alcohol. Avoid heavy lifting. No strenuous exercise. No driving while on pain medication. Avoid the sun/excessive heat for a month after surgery. Do not use Telfa dressings. Avoid soaking in bathtub, swimming pools, hot tubs, ponds or lakes for 6 weeks.

IF YOU HAVE A LESION REMOVED FROM YOUR HEAD, FACE OR EYE:

1. Apply ice over a dish towel to the affected area. Alternate ice on for 5 minutes then off for 20 minutes to reduce swelling and bruising.
2. Sleep on 4-5 pillows or sleep in a recliner to keep your head elevated to decrease swelling. Protect your good linens with an old pillow, pillowcase, and/or towel.

PROBLEMS WITH YOUR INCISION OR SUTURES:

If you experience fever, severe swelling, excessive pain, excessive drainage, purulent drainage, wide separation of the skin edges, spreading redness and warmth at the site (red, hot and tender), persistent bleeding, or any other problem, please call us during normal business hours at (937) 886-2980. After hours, the doctor on call for our office may be of assistance at the same number. He will have to be contacted by the answering service after hours so he may take a bit to call you back.

POST-OPERATIVE MINOR SURGERY INSTRUCTIONS:

Your suture lines will remain pink for several months. Swelling and firmness are common, but will slowly resolve as your scar matures over the coming year.

Scars are normally red, lumpy and bumpy for the first 3 months. Between the third and sixth month, they will very slowly soften and fade. Scars will show continued improvement over a year in adults and 18 months in children. Be patient.

When the doctor takes your sutures out, Steri-Strips will be applied. You can wash over the Steri-Strips with soap and water. Leave the Steri-Strips on as long as they are stuck to your skin and clean. If the Steri-Strips fall off they do not have to be replaced. You do not have to apply ointment to the Steri-Strips. Do not apply sunscreen to the Steri-Strips. Using either of these 2 items will cause the Steri-Strips to fall off prematurely. The Steri-Strips may stay on 1 to 3 weeks. Once the Steri-Strips are off you may notice an adhesive stuck to your skin. This can easily be removed with adhesive remover such as Goo Gone. Please do not use hydrogen peroxide or alcohol as this will injure the healing skin. If drainage or puss develops under the Steri-Strip please remove and apply a tiny bit of Bacitracin ointment to that area. Do not let a wet Steri-Strip sit on the skin or the skin will break down.

FOUR WEEKS AFTER SURGERY DO THE FOLLOWING:

1. Begin scar massage 4 weeks after surgery no sooner or you may break your incision open. Massage gently, in multiple directions as instructed, ideally 20 times a day for 10 seconds for three months.
2. Begin Mederma scar cream 4 weeks after surgery (available over the counter). Purchase the one that is applied once per day. After your shower, blot dry, rub a bit of ointment once a day into the incision line until it disappears. Do this for 2 months. This will soften your scar and decrease the redness in your scar.
3. Use Mepitac silicone jelly tape 4 weeks after surgery. This is available at our office or on Amazon. Apply the 3/4" Mepitac silicone gel tape at night only while you sleep. Do this for 3 months. Before you put the strip on, remove the oils from your skin with an alcohol wipe and cotton ball. Next, cut the silicone tape to the length of the scar, peel off the plastic backing (save plastic backing) and apply it to the scar. In the morning, gently remove the strip and replace it on its plastic backing. It is reusable. If it loses its stickiness, wash the strip with soap and water blot dry and use it again. If you do the alcohol trick you will get at least a week out of each piece. This will help flatten your scar and smooth its appearance.
4. Use sunblock starting 4 weeks after surgery. Use at least sun protection factor SPF 45 or greater for the next 6 months. This will prevent your scar from becoming permanently dark.

DEEP SUTURES:

Superficial sutures have been removed in the office. Deeper absorbing sutures are under your skin. These may take 60 to 90 days to dissolve. Sometimes you have pimple-like bumps that may appear along the suture line. This may indicate your body is "spitting" out absorbable sutures rather than dissolving them. If they are irritating you, they can easily be removed with a pair of sterile tweezers. If you need help anyone at our office can remove these.

Further questions can be addressed through our office at (937) 886-2980. Our normal business hours are Monday through Friday 8:00 am to 5:00 pm. After normal business hours, the physician on call can be reached by calling the Montgomery County Medical Society at (937) 463-1585.