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Post-Operative Care of the Surgical Site

1. Proper care of the surgical site is essential to ensure proper healing with the least amount of scarring and to prevent infection.
2. Avoid physical exertion, exercise and sports while the surgical site is healing. Stretching the site may break the sutures or cause a widened and unsightly scar upon healing.
3. Keep the wound site dry for 48 hours. Then remove the dressing and gently wash the site with soap and water to remove any crusting. Hydrogen peroxide, diluted half-strength with water, rolled over the wound with a Q-Tip can help lift crust off the wound. Repeat this cleansing regimen daily followed by the application of Bacitracin or Polysporin ointment (1-2x day) and continue to cover with a band-aid until the sutures are removed.
4. Sutures are removed in 7 days on the face, scalp, neck, and chest and 10-14 days on the trunk, and extremities. Suture removals are done at 12:45pm and 4:00pm Monday through Thursday with no appointment needed.
5. Avoid shaving over the sutured wound as this may cause the wound to open up.
6. Some patients may experience pain at the surgical site for the first 24-48 hours. Tylenol (1-2 tablets every 6 hours) is usually sufficient to control pain. Do not take aspirin, ibuprofen, Advil, Aleve, Naprosyn, Motrin, etc. for at least 48 hours after surgery as these increase the risk of bleeding. Avoid drinking alcohol for 48 hours after the surgery as it too may increase bleeding.
7. If any of the following occur, call or return to our office immediately:
 - Severe, persistent pain
 - Abnormal swelling beneath the surgical site
 - Ongoing oozing of blood from the surgical site
 - A boil, pus, or red streak extending away from the site
 - Signs of infection such as tenderness, warmth to the touch, fever of ≥ 100 F
8. If you feel there are emergent changes and we cannot be contacted during office hours, you can reach Dr. Mann at 406.581.7482
9. We will contact you within 7-10 days with the pathology results.

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