



Lindsey Pennington, MD
F A C I A L P L A S T I C S

Postoperative Instructions:

Scar revision/Mole removal/Lesion Excision

Maximize your results after procedure by following these basic posttreatment instructions. Please contact Dr. Pennington with any questions. 318-216-5366

General

- Numbness around the area is common
- **No** smoking or alcohol for one-week (7 days) post procedure
- **No** aspirin, ibuprofen, Motrin, Advil, or similar anti-inflammatory medication. Dr. Pennington will advise you when you may resume taking these medications.
 - Other blood thinners, such as Coumadin or Plavix, must also be discontinued, under the guidance of your primary care physician.
- **No** herbal medications, supplements, or teas.
 - Increased risk of bleeding includes, but are not limited to Vitamin E, garlic, ginger, ginkgo, ginseng, kava, and St. John's Wort, fish oil, and green tea
 - Arnica Montana herbal *tablet* may help reduce bruising and swelling (this can be found at most drug stores such as whole foods, drug emporium, etc)

Diet

- Eat as tolerated. No restrictions on specific type of food or drink depending on location. Drink plenty of fluids. No gum chewing or foods that require you to open mouth wide (burgers, pizza, subs etc.). You may use a straw.

Activity

- Sleep with your head elevated for the first 48 hours, to help reduce facial swelling.
- **Do NOT** blow nose.
- Avoid sneezing. If unable to avoid sneezing, then sneeze with your mouth open.
- **Do NOT** bend over or hang your head down for 48 hours
- **No** heavy lifting, straining, strenuous activity, or sex for at least 2 weeks.

Wound Care

- Avoid getting area wet for first 48 hours.
- Remove dressing after 2 days. Small amount of blood is normal.
- Steri-strip tape bandages may have been applied to your incision. Leave this tape in place. The tape will gradually peel off in a few days.

- Keep the incision dry. You may wash the area with diluted hydrogen peroxide *after* 48 hours. **Do NOT** soak area in water or leave wet dressing against wound.
- Gently pat area dry with clean towel. **Do NOT rub.**
- Place A&D ointment or Aquaphor via a cotton-tip applicator on the incisions. Keep moist with A&D ointment or Aquaphor **at all times** for 1 month. *Do not use any other creams/lotions.*
- Avoid direct sun exposure. Generally, you may start using sunscreen over the area at 1 week after the sutures are removed.