

**DR. TREVOR M. BROOKS MD, FRCSC
PLASTIC, HAND & COSMETIC SURGERY**

2-1335 Trans Canada Way SE
Medicine Hat, AB, T1B 1J1
Tel: 403-487-0460
Fax: 403-487-0462
drtrevorbrooks.ca
E-mail: info@drtrevorbrooks.ca

**CALL OUR OFFICE OR GO TO A WALK-IN CLINIC IF
YOU HAVE:**

- Fever over 37°C
- Yellow, green or foul-smelling drainage
- A large red area around the incision
- An allergic reaction to the medications, or dressings (this could be shortness of breath, a rash/redness, hives, etc.)

EXCISIONAL / INCISIONAL BIOPSY POST OPERATIVE CARE INSTRUCTIONS**Dressing/Bandages:**

The large pressure dressing applied in the operating room should remain on, dry and intact for 1-3 days following the surgery. You may shower your lower body or bathe during this time if you keep the dressing dry (bathe with the areas out of the water). Pat dry, no aggressive rubbing.

If you have Steri-strips under your large bandage, let them fall off on their own.

After the large dressing comes off, protect the incision with a band-aid for 2-3 weeks. Once the Steri-strips fall off, you can start to apply a very thin layer of Polysporin and continue to cover with a band-aid.

Water may run over the area (shower/handwashing), but do not submerge the area in water for 3 weeks (no baths, hot tubs, pools, or ocean/lake water). Your sutures are dissolvable, and submerging them in water could open up your incision.

Your sutures are dissolvable (unless Dr. Brooks has said otherwise and rather has set you up for suture removal at the hospital). Dissolving sutures can take a full 4 weeks to dissolve completely. Occasionally they don't dissolve so easily, and in that case, you may need to call Dr. Brooks to have him look at them. If it has been 3 weeks, and your incision has no open areas, then you can massage them to try and get them to break up.

Medication:

Take your regular medication as prescribed (unless Dr. Brooks has specifically instructed you otherwise).

If you are prescribed an antibiotic, finish the entire prescription.

You may use acetaminophen (Tylenol) for pain, unless Dr. Brooks has instructed you otherwise.

Avoid ibuprofen (Advil) and inflammatory medication (Aleve) for the first 4 days.

Return to Work:

Most patients can return to work 1-2 days after the surgery.

Activity:

Swelling is normal. Elevate the area above the level of your heart to minimize swelling and keep the area elevated on a pillow while sleeping.

Off and on, apply an ice pack as needed to the area for the first 3-4 days.

Do not use heat.

If the area is on your hand, then avoid lifting, pushing, pulling any object heavier than 10 lbs for the first 2 weeks (for a reference a 4L milk jug is 9 lbs).

Do not use exercise equipment or do cardio until Dr. Brooks gives you the go-ahead.

You may begin scar massage at 2-3 weeks (if there are no open areas to the incision). Use firm pressure and cream (Vitamin A, Vitamin E, or Aloe Vera are all excellent choices), and push against the direction of the scar (perpendicular).

A high quality vitamin and silicone scar gel is available at Dr. Brooks' office, but there are many available at most pharmacies as over-the-counter products.

Sunshine:

After 3 weeks, if your surgical site is to be exposed to sun, apply an SPF 45 or higher sunscreen and for at least 1 year after continue to do so to prevent the scar from changing to a darker colour.

Diet:

Resume your regular diet.

Drink plenty of fluids.

Stay away from alcoholic beverages for 1 week.

Limit caffeinated beverages for 1 week.

Avoid smoking/vaping for 3 months before and 6 weeks after surgery for better wound healing. Nicotine constricts blood vessels.

Your Follow Up Appointment: 6-8 weeks after your surgery Dr. Brooks will want to see you again. To ensure you get in within this timeframe please call 403-487-0460 promptly after your surgery to set up the appointment.