



HOLLAND

PLASTIC SURGERY & AESTHETICS

Office Excision/Closure

Post-Operative Instructions

The following instructions will provide helpful information and guide you through your recovery. These are designed to be general guidelines. Remember, everyone recovers differently.

What to expect:

- Maximum discomfort will occur the first few days after the procedure and then will subside gradually.
- During the first week or two after surgery, you will experience some swelling, bruising and some drainage.

Pain Medication:

- Most pain medication is prescribed on an as-need basis. It **will not** be given to you automatically and typically is not required after minor office procedures.
- Recommended Pain Medication Options:
 - **Acetaminophen (Tylenol): Take two 500mg tablets every 6 hours (not to exceed 2000mg in 24 hours).**
 - **Ibuprofen (Advil): Take 600 mg every 6-8 hours with food if it is not contraindicated for your health. May increase bruising.**
- If there are other things you find helpful for pain relief, please discuss these things with our clinical staff to be sure they are appropriate for this procedure.

Activities:

- Listen to your body and rest when you are tired.
- Refrain from vigorous activity or exercise for the first 7-10 days after the procedure.
- Do not smoke **any substance**, as doing so delays healing and increases the risk of complications.

Wound care:

- Continue normal cleansing hygiene during your recovery period. Keep the site clean and dry by washing it 1 to 2 times daily. Be sure to gently dab the surgical site when drying.
- If the surgery site is on the face, discontinue any glycolic acid skincare products until the site is completely healed.
- If any scabbing or bleeding occurs, you may cleanse gently around the site with cool water and soap and then apply Neosporin antibiotic ointment to the area.



IF SUTURES ARE PLACED, CARE FOR SUTURES AND WOUND AS FOLLOWS:

- Keep the area dry for the first 48 hours after sutures have been placed.
- Gently wash around the site with cool water and soap. Clean as close to the sutures as you can. Avoid washing or rubbing the sutures directly and avoid putting tension on the area.
- Dry the site with a clean paper towel. Avoid using the towel directly on the sutures.
- If there was a bandage over the sutures, replace it with a new clean bandage.
- After 3 days, remove the bandage unless Dr. Holland told you otherwise. Allow the wound to be exposed to the open air.

Call Dr. Holland if:

- Your temperature is greater than 101. It is not uncommon to have a low-grade fever after surgery.
- You have increased swelling and/or bruising.
- You have increased redness around the incision and/or if pus (yellowish or greenish drainage with a foul odor) drains from the incision.
- Severe or increased pain not relieved by medication occurs.
- You have side effects such as rash, nausea, headache and or vomiting from the medication.
- Severe bleeding occurs. Apply direct pressure to the area.
- You have a loss of feeling or motion.

Follow up:

- Please make your follow-up appointment by calling the office or as instructed by Dr. Holland. If you have any problems before then, do not hesitate to call 207-835-4777 for assistance. **After hours, please call the office and press 7 when prompted to reach Dr. Holland directly.**