

GUIDELINES FOR GENERAL SKIN CARE

Immediately following the procedure, you will likely have a bandage, or dressing, over the site. Dr. Hilinski may recommend you remove the bandage after 24 hours.

Supplies needed: q-tips, hydrogen peroxide (over-the-counter), bacitracin ointment (over-the-counter), topical silicone gel.

Once the bandage has been removed you need to clean the site 2-3 times per day. This usually involves first cleaning the site with a Q-tip soaked in hydrogen peroxide. This will help minimize any scabbing or crusting along the site. ***It is very important that no scabbing and/or crusting occur.*** Scabbing and crusting of the site will impede optimal wound healing and can lead to suboptimal healing. After cleaning the site with hydrogen peroxide, you need to apply a layer of topical antimicrobial ointment. We usually recommend over-the-counter (non-prescription) Bacitracin ointment, which can be purchased at your local pharmacy. If you clean the site with appropriate technique, you should ***not*** have to do repeat this more than 2-3 times per day. Doing so more frequently can actually contribute to other problems in terms of wound healing.

You can usually get the site(s) wet in the shower 3-4 days after the procedure. *But this timing should be confirmed with Dr. Hilinski prior to getting the site wet.*

Sleep with the head elevated above your heart level for the first full week of recovery. Use a travel pillow to help minimize chances of rolling over on your face or neck while sleeping.

It is normal for the site to appear slightly swollen and bruised for upwards of 10 days following surgery. Mild bleeding and/or oozing are fairly normal within the first 72 hours of recovery. Anything more than this should be reported to Dr. Hilinski.

It is also normal for the site to appear slightly raised like a ridge or mound. This is done intentionally in most cases in anticipation of the area flattening out with time. This may take weeks to months for the skin to settle down and become flatter.

Our office will typically provide you with a prescription for postoperative medication (a narcotic pain reliever and an antibiotic). The narcotic medication is used *after the procedure* for pain relief. The antibiotic is started *after the procedure* once you get home. If a prescription was not provided to you in advance of your scheduled procedure date, please contact the office to clarify this. These medications should be picked up ***before*** your scheduled date so that you have them available once you get home after the procedure.

Arnica is a homeopathic medication that helps reduce swelling in many cases and should be started 1-2 days prior to your scheduled procedure date. Arnica should be taken after the procedure as well for upwards of 7-10 days.

A topical silicone gel is highly recommended once the sutures have been removed (or dissolved away). Our office carries a recommended topical silicone gel that works quite well for this purpose. Contact our staff to purchase this during one of your office visits.

Avoid any strenuous and/or vigorous activity until cleared by Dr. Hilinski.

Confirm a follow-up appointment with our office.

Call our office immediately if you have any additional questions or concerns.

In case of an emergency, call 911 for immediate assistance.

I ACKNOWLEDGE UNDERSTANDING OF THE ABOVE _____ (PATIENT SIGNATURE)