

INFO SHEET - Post Office Treatment Instructions

☐ **REMOVABLE SUTURES:**

- You will be asked to make an appointment for suture removal in approximately 5-10 days, depending on the location of the body.
- Gently wash the site with soap and water daily
- Apply a thin layer of Vaseline or Polysporin ointment for 3 days only - then discontinue use.

☐ **DISSOLVING SUTURES:**

- Your sutures will NOT need to be removed
- Gently wash the site with soap and water daily
- There is no need to apply Polysporin ointment to the incision

☐ **NO SUTURES**

- The area will turn into a scab
- Apply Vaseline daily until healed
- Bandage is typically optional after removal of the dressing

AFTERCARE INSTRUCTIONS:

- You may resume washing or showering in your normal way, 24 hours after your procedure
- Avoid soaking in baths, hot tubs, pools, or ocean water
- Some bleeding can be expected and can be stopped by applying firm pressure continuously for 10-15 mins
- If possible, elevate operative site for the first 48 hours
- Tenderness and discomfort are expected, especially once the local anesthetic has worn off
- You may cover with a Band-Aid; however, this is not necessary unless otherwise instructed. If your surgical site and sutures are at risk of catching on clothing, you may wish to cover the incision.
- If a specimen has been sent to pathology, you will receive a phone call if there are concerns.

HEALING & SCAR MANAGEMENT:

- Expect the scar to be firm and red for approximately 6 weeks → 3 months
- If you are unable to avoid sunlight exposure to the area for 6 months, be sure to use a SPF to reduce the risk of hyperpigmentation
- Once incision area is completely healed, you may begin gentle massage to soften and smooth the scar tissue

PAIN CONTROL:

- You may take Extra Strength Tylenol, or Ibuprofen as recommended for the pain. Please ensure you do not have contraindications to these medications before taking them.
- You may be given a prescription for stronger pain medication if needed.
- The effect of the local anaesthetic will wear off by 2-6 hours after surgery and you should consider starting the pain medication before the numbness wears off.

IMPORTANT:

Call the office at: **250-755-1005** or present to Urgent Care or the Emergency Room if you experience any of the following:

- If the surgical area appears to be infected, i.e. increasing redness, pain, and swelling fever, or chills
- Increasing pain (rather than decreasing)
- Excessive bleeding
- The pain does not control your discomfort