

GENERAL WOUND CARE, SKIN CANCER RECONSTRUCTION, AND SCAR REVISION

**Please do not hesitate to call Dr. Shastri's office if you have any questions or concerns.
Office # (847) 535-6464**

After surgery:

Relax and keep your head slightly elevated. Place a pillow or two under your shoulders and back to keep your head above your chest. You may rest in a comfortable reclining chair during the day. Keep your head elevated above your chest at all times to reduce swelling and bruising.

Avoid any type of straining, bending, or heavy lifting for at least 72 hours. While in bed, flex your feet a couple of times an hour to promote good blood circulation.

Take the pain medication every 6 hours, only if needed. If you have no pain, do not take any pain medication. Always take narcotic pain medicine with some food to decrease nausea. For minimal pain use Extra Strength Tylenol only. **DO NOT** take any aspirin or aspirin-like products such as ibuprofen.

You can expect swelling and bruising of the face and neck. If the swelling on one side is suddenly more pronounced than the other side or if there is sudden bulging/fullness on one side, **call the office immediately.**

Do not smoke. This is very important. Alcohol and smoking can prolong swelling and delay healing.

If there is yellow gauze, leave it in place until followup appointment. Bleeding/oozing may occur, pat excess away with clean gauze.

2-3 times per day:

- Clean all incision lines with dilute hydrogen peroxide using Q-tips to gently remove scabs.
- Pat dry, then apply antibiotic ointment using a Q-tip.
- Keep the wounds moist with a thin layer of ointment at all times. This will help the wounds heal faster. Do not allow crusts to build up on the sutures.

Normal activities may be resumed after 2-3 weeks. Sexual activities may be resumed after 7 days. Excessive strenuous activities may be resumed after 4 weeks.

Avoid excess sun exposure for 3 months as it can cause swelling or uneven change in pigmentation. If you need to go out in the sun, wear a broad-brimmed hat and at least 30 SPF sunscreen with both UVA and UVB protection.

General information:

Swelling and bruising will probably be more than expected. It may extend into the neck area and onto your cheeks. This usually will be gone within 2 weeks.

Your stitches will be removed approximately 1 week after your procedure. It is generally not painful.

Your skin may feel tight, and there may be a feeling of numbness around the incisions for several weeks. This should return to normal or very close to it in time.

Numbness, tingling, swelling, itching, discoloration, bumpiness, hardness, crusting, tightness, and redness around the incisions are normal after surgery and should go away with full healing.

If you have any questions or concerns, please call Dr. Shastri's office at 847-535-6464.