

Minor Surgery Procedure Instructions

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1. You may shower/wash your face tomorrow using gentle soap (Dove) and water. Leave dressings in place for longer if specifically instructed to do so.
2. Apply Aquaphor ointment to the incision line twice a day. Cover with a bandage unless on the face or scalp. If your incision was covered with Dermabond glue, you don't need to apply Aquaphor and you can keep area open to air.
3. Wash scabbing away with ½ strength peroxide (mix with tap water) on a Q-tip.
4. You may experience oozing within 2-4 hours after surgery when the numbing medication wears off. Ice packs, frozen vegetables in a baggie, or frozen moist washcloths may be applied to the site and are recommended for the first several days to decrease bruising and swelling. If there is continuous active bleeding you should call the office.
5. Consider Arnica Montana ointment for application and massage several times a day to treat swelling and bruising.
6. Avoid heavy exertion and athletics for at least 3 days or longer if recommended.
7. If the excision was performed on the head or neck, elevate your head on pillows above the level of your heart when you sleep.
8. Tylenol extra strength, aleve, naprosyn, motrin or ibuprofen is recommended as over the counter pain relievers.
9. Apply sunscreen to any recently operated areas to avoid hyperpigmentation and darkening of the scar.
10. For long term scar management, massage with cocoa butter, shea butter and/or Vitamin E cream are recommended – after the first couple of weeks and after complete wound healing is achieved.