

General Information for Minor Facial Cosmetic Patients

Please read the following information carefully

Procedure Details...

The procedure is carried out under local anaesthetic. This means the operative site will be “frozen” with a needle. The experience is similar to going to the dentist.

Many patients are able to carry on with normal activities after their procedure, although, sports and strenuous activity should be limited for 2 weeks, as this can put tension on the sutures and incision as it heals.

The removal of a skin lesion and replacement with an incision will always leave a scar. The goal is to place this in such a way that it is either invisible with time, or at very least, difficult to see. Most often the scar is less noticeable than the lesion that is being removed. Scar maturing also involves a persons own scarring characteristics and this can influence the final result. Techniques to optimize your scar result will be reviewed during your post-operative course.

Information before your minor procedure...

It is recommended that all patients wear loose, comfortable clothing on the day of minor procedure. If your procedure involves an area on your face, please do not wear any make-up.

We recommend for our patients to quit smoking as soon as possible. Please do not smoke 2 weeks before and after your surgery, as this may cause complications with your healing process.

You may eat and drink prior to the procedure and you do not need to fast the night before. Regular prescription medicine can also be taken as usual.

Aspirin (ASA) and other anti-inflammatory medication

The following medications may have to be stopped 7 days before surgery, as they can cause excessive bleeding and bruising during and after your surgery. Please consult Dr. Seal when you should restart the medication post-operatively:

- Aspirin (ASA). **You do not need to stop this before your surgery.**
- Non-steroidal anti-inflammatory medication such as Ibuprofen (Advil), Naproxen and others.
- Anti-coagulants and blood thinners (Warfarin/Coumadin). **Please discuss with Dr. Seal for advice on the safest way to hold these medications.**
- Herbal medications - Check with your doctor.
- Vitamin E

Information for after your surgery...

1. **Facial Sutures:** These are generally not covered with a dressing, and can be left exposed to the air. The area can be cleaned with “Q-Tips” soaked in Hydrogen Peroxide 3%, and a small amount of Polysporin or other antibiotic ointment can be applied on the incision site daily. Facial sutures are removed 5-7 days after surgery. Please have yours removed _____.
2. **Showering:** You may get the operative site wet 1 day after the procedure. Please do not scrub the area, or use soap on the site. It is also important to dab the area dry properly afterwards, and then apply antibiotic ointment lightly.
3. **Medication:** Over-the-counter medication can make you more comfortable after your surgery. Tylenol, Extra-strength Tylenol, or Ibuprofen (Advil), can be taken as it is prescribed. During the first 2-3 days, do not wait to feel any discomfort, and plan to take the medication regularly.
4. You may apply ice to the surgery site for 15 minutes every few hours during the first few days following surgery. Be sure to not place the ice directly on the skin, and use an interface, such as a thin face cloth.
5. Sleeping with your head elevated on several pillows can help decrease any swelling.
6. Please contact the office for a follow-up appointment _____.
7. After you leave the office or hospital, there are a few things to watch during your healing process. If you see any of the following, please call the office or, St. Paul’s hospital at 604-682-2344 and ask to speak to the plastic surgeon on call:
 - Elevated temperature
 - Redness around your incisions and/or drainage
 - Significant increase in pain not controlled by your medications

If you have any questions during your post-operative course, please do not hesitate to contact our office.