

---

## General Information for Minor Surgery 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 2-3 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. **Extremity and Trunk Incisions:** These incision sites are covered with Steri-Strip tapes and a waterproof dressing called a “Tegaderm” which looks like a clear plastic sheet. This protective dressing will allow you to shower starting the day after your procedure, however, it is not appropriate to soak in a bathtub, hot tub or swimming pool. Most commonly, sutures are used that are dissolvable and do not need to be removed. If you have sutures that need to be removed, this should be done \_\_\_\_\_.
2. **Showering:** You may get the operative site wet 1 day after the procedure. The dressing you have should protect the area. Please do not scrub the area, or use soap on the site. It is also important to dab the area dry properly afterwards.
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. Please contact the office for a follow-up appointment \_\_\_\_\_.
6. 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.***