

Excision of Facial and/or Neck Lesions Care

Comfort Measures:

- Keep the head elevated while resting or sleeping to decrease swelling and pain.
- Take your pain medication as prescribed for the first day or so. Try to “stay ahead” of the pain. Medications for pain are less effective when taken after the pain is already severe.
- Antibiotics are usually ordered for infection control. It is important to take all of the pills prescribed.

Wound Care:

- There may be a small amount of bloody drainage from the incision site. This is normal and should resolve in a couple of days.
- Steri-strips may be used on the incision to help keep the skin edges together while healing. If Steri-strips are present, avoid getting them wet, as this will loosen the strips.
- Clean the incision and sutures with a Q-tip dipped in hydrogen peroxide to remove any crusting 2-3 times a day. After cleaning, apply an antibiotic ointment such as Bacitracin or Polysporin, etc. to cover the incision.
- Avoid getting the incision wet with water for 36-48 hours. After 48 hours, you may shower with soap and water, rinse and pat dry.
- Do not rub the area dry. This could disrupt healing skin edges. Continue to cleanse the incision with hydrogen peroxide.
- Do not submerge incision in water as this could allow contaminated water to enter the wound, causing infections. This includes bathtubs and hot tubs.
- If sutures are present, they will be removed in 5-7 days.

Activity:

- Avoid excessive exposure to the sun for at least 6 months. Sun exposure causes the scar to permanently darken.
- Rest the day of surgery.
- Avoid activity that places tension on the scar as it heals, especially during the first 3-4 months. If the scar becomes wide, elevated, depressed or unsightly, see your doctor at that time.
- Your scar may remain red colored for 3-4 months before turning a whitish color. It may also have a “rope-like” texture for several months before becoming smooth.

Notify your physician for any of the following

- 1. Bleeding that is excessive or persists for more than 3-4 days.**
- 2. Fever 101 degrees or higher**
- 3. Increased swelling, pain, tenderness, or redness at the incision site or surrounding skin.**
- 4. White, green or yellow drainage (pus) noted from the incision.**