

Amelia Arianne Paré, MD
Plastic and Reconstructive Surgery
123 Hidden Valley Road
McMurray, PA 15317
(724) 941-8838

POST SURGICAL CARE INSTRUCTIONS

1. You will probably experience minor pain or numbness at the wound site. An over the counter pain medication (i.e. Tylenol, Advil, Motrin, etc.) may be taken, unless you are specifically told to avoid them or have a medical condition that prohibits their use. If a prescription for pain medication is given to you, take as needed according to the instructions.
2. Take antibiotic prescription as directed until all medication is completed.
3. When appropriate, elevate the surgical site during the first one or two days. This will decrease the swelling and throbbing. Applying ice to the area for 20 minutes on/20 minutes off may also help.
4. Keep the wound clean and DRY.
5. You may take a shower after 24 hours. After bathing, dry the steri-strips off carefully with a towel or a cool hair dryer. No swimming or hot tub use until your follow up and then it is usually an additionally 1-2 wks once sutures are removed before being allow to swim due to the risk of infection.
6. We recommend you remove the Band-Aid before you shower. Once completely dry, recover only for the first 1-3 days as all drainage should have stopped. If you have steri-strips (stickers), **leave them intact until your follow-up appointment**. If the steri-strips fall off prior to your follow-up appointment, cleanse the area with hydrogen peroxide and leave uncovered.
7. Avoid any trauma or injury to the wound and limit any activity that will strain and/or stretch the incision site so that you will have the best results possible.
8. Occasionally, you may experience a small amount of drainage from the treated site immediately after the procedure. This drainage may appear bloody or clear. Usually this will stop by itself, but if it persists, apply a pressure dressing for 10 minutes. Change the dressing as needed.
9. It is important for you, as the patient, to be vigilant and responsible about your recovery.
10. Please call the office (724) 941-8838, if you develop any of the following:
 - a. **Pain that is not controlled by the pain medications ordered**
 - b. **Fever of a temperature over 100.8 F**
 - c. **Persistent bleeding or drainage beyond 24 hours**
 - d. **Increased wound tenderness, swelling, redness after 24 hours**
11. RETURN TO THE OFFICE FOR FOLLOW UP APPOINTMENT AS SCHEDULED

TIPS FOR SUNSCREEN: Pick one that is at least SPF 30 and protects against both UVA & UVB rays. Use “hypoallergenic” or “dermatologist tested” if you have sensitive skin. For your face, choose a sunscreen specially formulated for the face. If you have oily skin or are prone to acne, use a water-based sunscreen.

- Apply sunscreen generously 20-30 minutes before going outside. Reapply every 2 hours or after swimming or perspiring. Avoid sun 10am-4pm.
- Make sure to put extra sunscreen on scars. Once scars darken in the sun, they do not lighten.