

**Dr. Trevor M. Brooks MD, FRCSC  
Plastic, Hand & Aesthetic Surgery**

Suite 328 - 770 6th St. SW, Medicine Hat, AB  
Mohawk Medical Arts Centre  
Tel: 403. 487.0460 / Fax: 403. 487.0462  
[www.drtrvorbrosks.ca](http://www.drtrvorbrosks.ca)  
[drtrvorbrosks@gmail.com](mailto:drtrvorbrosks@gmail.com)

**Call our office if you have:**

- Fever over 37 degrees
- Yellow, green or foul smelling drainage
- A large red area around the incision
- An allergic reaction to the medications, or dressings (this could be shortness of breath, a rash/redness, hives, etc)

**Excisional / Incisional Biopsy Post Operative Care Instructions**

**Dressings/Bandages:**

- The large pressure dressing applied in the operating room should remain on, dry, and intact for 1-3 days following surgery. If you have Steri-Strips under your large bandage, let them fall off on their own.
- You may shower, but keep the dressing dry (with a plastic bag, taped to seal it).
- Following removal of the large dressing you may shower and let water run over the incisions and Steri-Strips. Pat dry, do not use any aggressive rubbing.
- Do not soak the area (no baths, hot tubs, pools, lake water or dishwasher) until 2-3 weeks after surgery. \*You may bathe as long as the area is not submerged - your sutures are often dissolvable and if submerged in water, they can break down and cause the incision to open up.
- If you have Steri-Strips, wait until they fall off, and then protect the incision with a light layer of Polysporin and a band-aid for 2 weeks. If you did not have Steri-Strips you can proceed directly to using Polysporin and a band-aid.
- Your sutures are dissolvable (unless Dr. Brooks has said otherwise) and will typically dissolve on their own in 2-4 weeks. If the sutures are not dissolving and require removal, this will be arranged with Day Medicine at the time of your surgery.

**Medication:**

- Take your regular medications as prescribed (unless Dr. Brooks has instructed you otherwise).
- For pain take acetaminophen (Tylenol) unless Dr. Brooks has instructed you otherwise. Avoid Advil (inflammatory meds) for first 4 days
- If you are prescribed an antibiotic, make sure to finish the entire prescription.

**Return to Work:**

- Most patients are able to return to work 1-2 days after the surgery.

**Activity:**

- Swelling is normal- elevate the area above the level of your heart to minimize swelling and keep the area elevated on a pillow while sleeping.
- Apply an ice pack as needed to the area off and on for 20 mins at a time for the first 3-4 days. Place a thin, clean towel between the ice pack and your skin. Do NOT use heat.
- If the area is on your hand:
  - Avoid lifting, pushing, or pulling any object greater than 10 pounds for the first 2 weeks (as a point of reference a 4L milk jug is 9 lbs).
- Do not use exercise equipment until Dr. Brooks has given you the go ahead.
- You may begin scar massage after 2 weeks. Use firm pressure and cream on the scar. Creams with silicone, vitamin A, vitamin E, or Aloe are all excellent choices.
- A high quality scar cream is available at Dr. Brooks's office, but there are also many available at most pharmacies over the counter.

**Diet:**

- Resume your regular diet.
- Drink plenty of fluids, but stay away from alcoholic drinks for 1 week, and limit caffeinated beverages for 1 week.
- Avoid smoking 4 weeks before and 6 weeks after surgery.

**Sunshine:** After 3 weeks if your surgical site is to be exposed to the sun, apply sunscreen SPF 45 or higher for at least 1 year to prevent the scar from tanning.

**Your Follow up Appointment:**

1-2 months after your surgery Dr. Brooks will want to see you again.  
To ensure you will get in within this time frame please call promptly after your surgery (403) 487- 0460.