

## **Post-op Instructions for Scar Excision**

These instructions are to compliment the information given by Dr. Harris, nursing staff and physical therapists. They cover many of the common questions.

### **WOUND CARE**

Dressings are to be kept clean and dry. A small amount of clear drainage or bleeding is normal. If an ace wrap is present, and feels too tight, you may loosen it and re-wrap it.

If a splint is present, it should remain on until your follow-up in the clinic with your surgeon. When showering, please place a plastic bag over the splint and secure it with tape. You may wrap your arm with Glad Press & Seal plastic wrap instead of a plastic bag. To keep the splint dry, you may wrap a small towel around the splint prior to applying the plastic bag or wrap. Pat the splint dry immediately with a clean towel if it does get slightly wet or blow dry on a cool setting.

If no splint is present, you may get the incision wet when showering 3 days after surgery. The shower should be brief and the wound patted dry with a clean towel. No baths or soaking the incision until approximately 3-4 weeks after surgery or until scabs are absent and incision is completely healed.

If you develop purulent drainage (thick white or greenish in color) from the wound, increasing redness, or if you are having a temperature of 101 or higher, please report these symptoms to your surgeon or the doctor on call.

### **PAIN/SWELLING**

To lessen pain and swelling, use ice after surgery. Put the ice covered with a towel over the surgical site. We recommend 20 minutes, 4-5 times per day for the first 1-3 days then as needed based on symptoms. Do not place ice or cooling devices directly on the skin as it may damage to the skin.

Swelling to some degree is common after surgery. To reduce swelling, elevation is very helpful. Elevate the affected extremity above the heart level for the first 2-5 days after surgery. Elevation for 30 minutes every 2 hours is a good initial recommendation. Excessive pain and swelling should be reported to your surgeon.

### **DRIVING**

To drive you must no longer be taking narcotic pain pills. Also, you must feel strong and alert.

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