

Minor Surgery Procedure Instructions

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PLASTIC SURGERY

1. You may wash tomorrow using gentle soap (Dove) and water. The incision may get wet the morning after surgery.
2. If you have a clear plastic dressing in place, please leave it in place until follow-up. It is water-proof and nothing will need to be done for incision care; however, ***if the dressing comes off or if you develop irritation under the dressing, go to #3 and apply ointment and a bandage daily.*** The area can get exposed and wet in the shower.
3. Apply Aquaphor or Vaseline ointment to the incision once or twice a day. Cover with a bandage if not on the face.
4. Wash scabbing away with soap as needed, particularly in the scalp, or on the face or ear. ***This is critically important to the incision having the best outcome.***
5. You may experience oozing within 2-4 hours after surgery when the numbing medication wears off. Ice packs, frozen vegetables in a baggie, or frozen moist washcloths may be applied to the site and are recommended for the first several days to decrease bruising and swelling. If there is active bleeding, call the office.
6. Avoid heavy exertion and athletics for several days if recommended.
7. Elevate your head (or leg) on pillows above the level of your heart when you sleep if surgery was performed on the head/neck (or leg/foot).
8. Tylenol, aleve, or ibuprofen is recommended as over-the-counter pain relievers.
9. Apply sunscreen to any recently operated areas to avoid darkening of the scar.
10. **For long term scar management**, massage with Mederma, cocoa butter, shea butter and/or Vitamin E cream – after the first couple of weeks and after complete wound healing is achieved. Use Aquaphor the first 2 weeks.
11. **Do not hesitate to call the office if you have any questions or concerns: 410-616-3000, or you can email Dr. Shermak at drshermak@drshermak.com.**

Thank you for letting Dr. Shermak assist in your care!