**Post-op Care for Excisions/Sutures**

* Remove tape dressing in 24 hours. After dressing removal, the incision can be left uncovered.
* After dressing removal, you can gently wash the site using mild soap but avoid forceful water spraying directly on the incision in the shower.
* Keep the incision coated with Vaseline, Aquaphor, or Bacitracin until the sutures are removed.
* You should not have much pain after your procedure but if you do, you can take over-the-counter Tylenol or Ibuprofen as needed.
* If there is blood crusted on the incision, you may gently clean the area with hydrogen peroxide using a Q-tip.
* Avoid vigorous activity for 5-7 days after the procedure. Keep the head elevated when sleeping. This will minimize bruising and swelling.
* After the sutures are removed, silicone gel can be used to minimize the scar. ScarAway is one brand that is typically available at any drugstore. After silicone gel is applied, sunscreen should be placed. Sunscreens containing zinc or titanium oxide as one of the ingredients are best.

If you notice any signs of infection such as redness, severe swelling, or persistent pain, please call the office at 804.378.7443 and speak with the medical assistant.