

## Arizona Sinus Center

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# Post-operative Instructions following: Skin Cancer Excision / Repair

### General:

Excision of facial and neck skin cancer with repair of the associated skin defect is usually performed as an outpatient or in-office procedure. Local anesthesia (injection), sedation and/or general anesthesia may be utilized.

### Diet:

You may have liquids by mouth following the procedure or once you have awakened from anesthesia. If you tolerate the liquids without significant nausea or vomiting then you may take solid foods without restrictions unless otherwise directed by your doctor.

### Pain Control:

You may experience mild to moderate pain for a few to several days following excision and repair of the skin cancer lesion. This is usually well controlled with prescription oral pain medications (Vicodin, Tylenol #3, Ultracet). Please take the pain medication prescribed by your surgeon when needed. You should avoid non-steroidal anti-inflammatory drugs (NSAIDS) such as aspirin, ibuprofen, naproxen (Excedrin, Motrin, Naprosyn, Advil) because these drugs are mild blood thinners and will increase your chances of having post-operative bleeding. Please contact our office (602) 258-9859 if your pain is not controlled with your prescription pain medication.

### Activity:

Sleep with the head elevated for the first 48 hours. You may use two pillows to do this or sleep in a reclining chair. No heavy lifting or straining for 1 week following the surgery.

### Wound Care:

Do not wash or manipulate the wound for 48 hours following the procedure (except to apply ointment). You will find that the skin has been closed with sutures that will be removed at your first follow-up appointment. Mild redness and swelling around the wound is normal and will decrease over the 2 weeks following surgery. Apply a thin layer of the prescribed antibiotic ointment to the wound 3 times daily for the first 7 days. This is best accomplished by washing your hands thoroughly with soap and water and then gently coating the wound with ointment using your finger. If you have a history of eczema or a previous allergic reaction to antibiotic ointment, then apply Vaseline petroleum jelly to the wound 3 times daily instead of the antibiotic ointment. You may shower and allow the wound to get wet 48 hours following the surgery. Allow soap and water to run over the wound. Do not scrub or manipulate the wound for 7 days. Pat the area dry, don't rub it with a towel. After 7 days you may gently lather the wound with soap and water.

### **Follow-up Appointment:**

Your follow-up appointment in the office will be 3-7 days following your surgery. This visit should be scheduled prior to your surgery (at the time of your pre-operative visit). If you do not have the appointment made, please contact our office when you arrive home from the hospital. At the post-operative visit, your sutures are removed and the pathology report is reviewed.

### **Please call our office immediately if you experience:**

- \*Increasing swelling underneath the wound**
- \*Fever greater than 101 degrees Fahrenheit**
- \*Purulent discharge (pus) coming from the wound**
- \*Increasing redness around the wound**

**Office phone: (602) 258-9859**

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