



CANADIAN PLASTIC SURGERY CENTRE

Skin Dysplasia Post-Op Instructions

- If you experience pain after your procedure, please take some acetaminophen (Tylenol) or ibuprofen (Motrin/Advil) for pain control.
- After 48 hrs, please wash your incisions with soap and water, unless instructed otherwise.
- Please do NOT submerge your incisions in water. (e.g., swimming, tub bathing, washing dishes without gloves if incision is on hands).
- Keep your incisions dry and clean and exposed to air after two days to help with healing. It is not necessary to cover your incisions, unless you work in an environment with a lot of dirt and dust (i.e., in construction/workshops, etc.).
- You can apply a thin layer of Polysporin to your incision area if you like, but it is not necessary.
- Your stitches are usually dissolvable, but usually there are little knots that take very long to dissolve. Please see Dr. Chivers in 10-14 days (5-7 days for lesions on the face) for removal of your stitches. You will review your pathology report with Dr. Chivers at that time. You can also have your stitches removed by your family doctor or at a walk-in clinic. However, Dr. Chivers should still see you at follow-up for your pathology results.
- Please note that a little bit of swelling over the incision is normal. However, please watch out for signs of infection such as redness that spreads beyond your incisions, the breaking open of your skin and/or pus that drains from your incision. If you have any of these signs, please call the surgical clinic or our office to book an appointment to see Dr. Chivers as soon as possible.
- Feeling a small hard bump over the incision or surgical area after surgery is normal. This is a result of scar tissue development. After your stitches have been removed, we recommend that you start massaging the area to help with the healing of your skin. Over time, the hardness should resolve.
- If your incision is in an area where it is exposed to the sun, we recommend that you begin to apply sunscreen to the incision area after your stitches have been removed. This should be done for the entire year following your procedure. This prevents the development of excess pigmentation of your skin from the sun.

If you have any questions or non-emergent concerns, please call our office at (416) 244-8377 Monday-Friday 9 am-6 pm, or email us at info@canadiansurgery.com.