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Valley Otolaryngology - Head & Neck Surgery
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EXCISION OF LESION POST-OP CARE INSTRUCTIONS

Before your procedure: If you take blood thinning medication (including Baby Aspirin) check with your surgeon about how long you should stop the medications before and after your procedure (if safe to do so). Please notify our office of any changes to your health.

You will need to purchase: Hydrogen peroxide, Q-tips, antibiotic ointment (Bacitracin or Polysporin ointment is preferred), and vasoline. Purchasing Advanced Scar Gel is optional (available at Dr. Kujath's office).

- Local anesthesia tends to dissipate within one (1) hour after discharge. Most discomfort after the procedure can be managed by taking Tylenol every 4-6 hours as needed.
- Avoid direct physical contact to the incision site. As a general rule, avoid sporting activities for five to ten (5-10) days after surgery.
- Using Q-tip, cleanse the site with hydrogen peroxide in a rolling motion to remove any crusting. This can be started 1-2 days after the procedure, or when the crusts begin to form. Cleanse the site twice a day to promote healing and minimize the final incision line. Continue cleaning the incision line with peroxide until there is no further scabbing. **Do not peel or pick the scabs, let them fall off on their own.** Apply the antibiotic ointment after each cleansing. Use antibiotic ointment (Polysporin) for 5 days maximum then change to Vaseline or Scar Gel (available at the office for purchase) for at least 4 weeks. Prolonged use of Polysporin can lead to problematic wound healing.
- Personal hygiene may be resumed eight (8) hours after surgery. **Do not** allow the shower spray to fall directly onto the incision line until 48 hours post-operatively. Blot dry – **do not** rub the towel over the sutures.
- You may return to work the following day, unless otherwise instructed.
- If rapid, tense swelling occurs, the sutures break, the wound gapes open, or there are other concerning changes, please call Dr. Kujath's office. If you have after-hours concerns that are considered emergent, proceed to the emergency department.