



DR JONATHAN
TOOGOOD

PLASTIC & RECONSTRUCTIVE SURGEON
MB.ChB. (Stell) FC Plast Surg (SA) | Practice no: 0230197

EXCISION OF LESION

PRE & POST-OPERATIVE INSTRUCTIONS

PRE-OPERATIVE INSTRUCTIONS

- Please advise the doctor if you are taking any blood thinning medication (e.g. Warfarin, Disprin, Aspirin, etc.)
- This will need to be discontinued prior to surgery as per your doctor's instructions.
- Uncontrolled high blood pressure raises the risk of bleeding complications in all forms of surgery – please ensure your blood pressure is well controlled prior to your surgical date.
- DO NOT take any of the following medications prior to surgery:
 - Anti-inflammatories (e.g. Brufen, Ibuprofen, Myprodol, Voltaren, etc.)
 - Homeopathic medications (e.g. Arnica, Rescue Remedy, St John's Wort)
 - Vitamin E (oral or topical)
- Take a bath or shower with antibacterial soap (or Bioscrub/AcuSanX) on the morning of your admission.
- Hair should be washed the night before/morning of admission to hospital.
- Wash the operative area thoroughly with antibacterial soap on the morning of admission to the hospital.
- Do not apply any day cream or make-up.
- Regardless of whether you are having a general anaesthetic or conscious sedation – you should not eat or drink anything for 6 hours prior to surgery.
- If you are a smoker – NO SMOKING for 3 months prior to surgery.
- Bring comfortable cotton underwear.

POST-OPERATIVE INSTRUCTIONS

- You will need someone to drive you home after your surgery if you are having a general anaesthetic.
- Decreased activity and pain medication may promote constipation, so you may want to add more fruit and fibre to your diet.
- Be sure to increase your fluid intake.
- Take pain medication as prescribed. Do not take aspirin or any products containing aspirin.
- Do not drink alcohol when taking pain medications.
- If you are taking vitamins with iron, resume these as tolerated.
- Do not smoke, as smoking delays healing and increases the risk of complications.
- Normal activities can be resumed, IF they don't cause discomfort, as this would indicate pressure or tension on your wound, which needs to be avoided.

INCISION CARE

- You may shower if it is possible to do so without wetting plasters. If not, then please wash around your operated area. You will be able to shower after your first post-operative appointment.
- If the plasters are loose and/or spoiled, please contact us to inquire if you may remove/replace them.
- If there are transparent suture-strips covering your incision, please leave them in place. If not, please protect the area from sun/friction/clothing.
- If you have Micropore plaster, you may cover your incision site with a strip of this. Keep incisions clean and inspect daily for signs of infection.
- Do not cut any stitches shorter.
- At your first post-operative visit, plasters will be removed and you will be shown how to care for your incision site from here onwards.
- Avoid exposing scars to the sun for at least 12 months.
- Always use sunblock - regardless of the weather - if you plan to go outdoors or not.
- DO NOT USE ANY CREAMS CONTAINING VITAMIN E TO TREAT THE INCISION AREAS FOR THE FIRST 3 MONTHS.
- You may use cold compresses for comfort and to help decrease the swelling.
- You may follow your usual skin care routine - taking care not to apply any creams containing Vitamin E on the incision areas.

WHAT TO EXPECT

- Discomfort immediately after surgery, improving each day thereafter.
- Possible bruising or swelling around the operation site.

WHEN TO CALL

- If you have increased swelling or bruising after a few days.
- If you have severe or increased pain not relieved by medication.
- If you have any side effects to medications, such as rash, nausea, headache and vomiting.
- If you have an oral temperature over 38°C.
- If you have any drainage from the incisions or notice an odour.
- If you have bleeding from the incisions that does not stop with light pressure.

EMERGENCY NUMBER: 072 543 5998

Please visit the website for more information.
www.doctortoogood.co.za