



Scar Revision/Lesion Removal – Pre & Post-operative Instructions

You will need to arrange for another responsible adult to pick you up following your surgery. Please arrive 15 mins prior to your appointment time.

Prior to Your Surgery

- You may eat and drink as normal as you will be receiving only a local anesthetic.
- BLOOD THINNERS
 - If you take a daily aspirin (ASA) for preventative reasons only (i.e. you have no cardiac history, previous heart attack, stroke, blood clot or atrial fibrillation) we ask that you discontinue taking it 2 weeks prior to surgery and 1 week after surgery.
 - If you take ASA or any other blood thinner (Warfarin/Coumadin, Pradaxa, Plavix/Clopidogrel, ect.) due to previous cardiac history then please contact your cardiologist or family physician to see if it is **safe** for you to discontinue prior to your surgery. Please follow their recommendations regarding stopping these medications. If they allow you to stop them 2 days prior to your surgery, please do so as it will significantly decrease the amount of bruising you experience after surgery.
 - **If you are on warfarin, please ensure your most recent INR is below 2.5. If you are unsure, please contact your family physician. Please ensure you notify our office the week prior to your surgery with your most recent INR value.**
- PAIN RELIEVERS
 - Several common pain relievers affect how blood clots. If you are taking any medications for pain prior to your surgery, please avoid Aspirin, Ibuprofen, Advil and Aleve for a period of 2 weeks prior to surgery and 1 week after. This is to avoid excess bleeding during the operation. Tylenol is the only medication recommended prior to surgery and may be taken as needed.
- HERBAL MEDICATIONS
 - Avoid Ginseng, Garlic and Gingko.
- HORMONE REPLACEMENT DRUGS AND BIRTH CONTROL PILLS
 - Please discontinue taking any of these drugs on month prior to surgery
- VITAMIN E
 - Avoid large doses of Vitamin E for 3 weeks prior to surgery and 2 weeks post-operatively to avoid wound-healing problems.
- Please arrive at the surgical centre one hour prior to your surgery. Be prepared to tell the staff the name and phone number of the person who will be picking you up. They will be contacted when it is time to pick you up. Dr. Dawes will see you prior to your surgery, as will the anaesthesiologist.

- On the day before your surgery, our office will contact you to confirm your surgery time and answer any last-minute questions. If you have any additional questions or concerns, you may call our office at (403) 571-3141.

Following Your Surgery

- After surgery, avoid bending your head forward for a week (if the surgery was on your face). Avoid strenuous activity and heaving lifting for a week.
- **Please ensure you call Dr. Dawes' office to schedule your suture removal appointment** (usually scheduled 7 days post surgery). This appointment will be at his cosmetic office (not the hospital) located at 102-47 Sunpark Dr SE.
- Wash area gently daily (you can shower normally the following day) with a mild cleanser and water and apply a thin layer of anti-bacterial ointment to incision line. Cover area with a non-stick dressing (i.e. telfa) and secure with tape. This dressing is to be changed daily for 4 days. **After 4 days discontinue the use of any anti-bacterial ointment and leave area open to air.**
- Gentle Cleanser by SkinCeuticals is formulated for dry, sensitive or traumatized skin. It removes excess impurities and oil without drying the skin. It is non-irritating and gentle enough to be used several times a day. Gentle Cleanser can be purchased at Dr. Dawes' office.
- Ideal for use after plastic surgery or dermatologic procedures, Epidermal Repair by SkinCeuticals is formulated to help repair compromised skin by facilitating the rapid restoration of its barrier function. It helps to relieve and rehabilitate sensitive skin while diminishing redness due to inflammation. Epidermal Repair can be applied to the area after day 4 (once anti-bacterial ointment is discontinued) and continue to be applied for a year. This product can also be purchased at Dr. Dawes' office.
- By 3 weeks, your wound should look well healed. However, for up to 1-2 years, the scar will continue to 'mature' as your wound continues to remodel and strengthen. Until then, the scar may continue to look red and/or raised.
- Scarring is inevitable. Fortunately however, you can often influence the extent of the scar. Frequent massage facilitates equilibration of deposited collagen and re-alignment of the collagen fibers within the scar. Silicone helps to maintain a barrier, which both raises the temperature of the scar as well as increases the oxygen tension around it, thus providing an optimal environment for scar remodeling. Scar-Heal Gel is a silicone-containing, professional grade product that helps to neutralize scar colour and flatten raised areas. Scar-Heal gel is only to be used once you are 3 weeks post op, use twice a day and massage firmly (as hard as you can tolerate) into the scar.

What to Expect

- Swelling, tenderness, bruising and some degree of pink/redness are very normal symptoms. It usually subsides after one week, but can occasionally persist longer. If it worsens or is associated with increased pain, call Dr. Dawes' office.
- Bruising and swelling may be extensive. It will be worst at 3-4 days and may persist for up to 1-2 weeks. Avoid prolonged exposure to sun and heat to prevent swelling of your

face. Wear a hat, sunglasses and sunscreen if you have to be out in the sun. An ideal sunscreen is Physical Fusion spf 50 or Sheer Physical spf 50 by SkinCeuticals and can be purchased at Dr. Dawes' office.

- You may experience a feeling of numbness around the incisions. This is normal and may persist for weeks to months.

If you have any questions or to order any of the products mentioned above, please call the office at (403) 571-3141. All products mentioned above are available for purchase at our office location: 102-47 Sunpark Dr SE. If your concern is of an urgent nature you may call Dr. Dawes at (403) 998-4548.