



**FARMINGTON**  
EAR, NOSE & THROAT



Justin W. Roberts, D.O., Otolaryngology-Head and Neck Surgery

501 W. Pine St., Farmington, MO 63640

Phone (573) 756-8888 Fax (573)701-9547

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### **POSTOPERATIVE INSTRUCTIONS FOR SKIN LESION EXCISIONS**

The following are instructions for patients who have undergone surgery to remove skin lesions or have a wound that required routine care. Please refer to this sheet and if it does not satisfactorily answer your questions do not hesitate to call my office at any time.

\*Keep your head elevated for 3-4 days while sleeping to decrease swelling.

\*Refrain from any heavy lifting, bending, stooping or vigorous activity for a few days.

\*If your wound is bandaged, keep it dry and remove the bandage only as directed by your doctor. Skin grafts must be held in place for approximately 5 days so that the graft will take. Skin grafts with or without bandages should not be allowed to get wet.

\*Begin cleaning your wounds after you are instructed to remove the bandage or if no bandage wait 24 hours after surgery. Clean dried blood and crust when present with hydrogen peroxide and water, half and half mix. Gently pat dry and apply Neosporin ointment to the wound for 5 days only. **Do not drive if taking any narcotic for pain or medication for dizziness in the post op period or after any treatments. The patient fully understands this warning.**

\*The wound **should not be** submerged in a bathtub, nor should a washcloth or other instrument be used to scrub or otherwise disrupt the wound.

\*Particular care should be exercised with skin flaps to avoid unnecessary pressure on the flap so that blood supply is not interrupted. No eye glasses or other appliances should contact or be near incisions, skin flaps or grafts.

\*Skin grafts, when initially viewed following removal of the bandage, appear pale and bluish in color and are depressed in appearance. The color assumes a more normal appearance and the depression tends to smooth in relation to the surrounding tissue during the healing process.

\***CALL THE OFFICE IMMEDIATELY** if the wound begins to display excessive drainage, redness, tenderness or fever greater than 101 degrees Fahrenheit develop. Please call the office if you have any problems or questions. After hours you can reach me through the hospital 573-756-6451.

Your follow-up appointment is \_\_\_\_\_@\_\_\_\_\_