



THE FEW INSTITUTE

for AESTHETIC PLASTIC SURGERY

POST-SURGERY INSTRUCTIONS: SKIN CANCER EXCISION AND RECONSTRUCTION

Once your surgery is completed, you must follow all the instructions given to you in order to heal properly and have a good outcome.

The following instructions are your obligation. Use this as a checklist of progress as you heal. Included are normal post-surgical experiences and key health considerations that may be a cause of concern.

TYPICAL POST-OPERATIVE SYMPTOMS

Typical symptoms and signs to watch for following the excision of skin cancer and subsequent reconstruction include the following:

Tingling, burning, redness, tightness at the surgical site. These are normal experiences as the skin, tissues and sensory nerves heal. Pain medication will help you cope with any discomfort. **Consistent sharp pain should be reported to our office immediately.** You may also feel minor discomfort at the graft donor site, if you had your own skin grafted during the reconstruction.

Shiny skin or any itchy feeling: Swelling can cause the skin to appear shiny. As the healing process advances, you may also find a mild to severe itchy feeling at the site where your skin cancer was excised and at any graft donor site. An antihistamine like Benadryl can help to alleviate severe, constant itchiness. **If the skin becomes red and hot to the touch, contact our office immediately.**

CALL THE OFFICE IMMEDIATELY IF YOU EXPERIENCE ANY OF THE FOLLOWING:

- **A high fever, (over 101°) severe nausea and vomiting, continued dizziness or incoherent behavior, such as hallucinations.**
- **Any pain that cannot be controlled by your pain medication.**
- **Bright red skin that is hot to the touch.**
- **Excessive bleeding or fluid seeping through the incisions.**
- **A severely misshapen or swollen appearance at the wound site.**

To alleviate any discomfort, and to reduce swelling, you may apply cool, not cold compresses to the wound site. Crushed ice or ice packs must be wrapped in a towel before being applied to the skin. Do not apply ice or anything frozen directly to the skin. Apply cool compresses for no longer than 20-minute intervals.

DAY OF SURERY INSTRUCTIONS:

- Resume daily activities as tolerated
- Take medications as directed
- You may resume all medications immediately after surgery
- Keep incision clean and dry.
- Do not remove steri-strips (little white or brown tape strips)
- You may shower 24-48 hours after surgery.
- Do Not Drive while taking a narcotic medication
- You may switch to Ibuprofen 24 hours after procedure
- Do not lift, pull, or push anything heavier than 5lbs for 2 weeks post surgery
- No exercising for 14 days after surgery
- Schedule follow up appointment 3-5 days post surgery

To contact Dr. Few after hours, please call the answering service at 312-202-0882 , and press "0"