

We are able to perform many operations in the office under local anesthesia. We want you to be comfortable and safe. We hope the following instructions will be helpful as you prepare for your procedure.

- Wear comfortable clothing.
- It is better to not wear makeup if having a facial procedure.
- Stop Aspirin, Ibuprofen, or other NSAIDS 10 days before the procedure.
- If taking Coumadin, Dr. Isom will let you know when to stop and restart your medicine.
- If you are anxious about the numbing injections, we can prescribe a medicine to help you relax.

After the procedure, you will have a follow-up appointment made.

If you have any problems or questions before that appointment: Call the office at 435.787.1108.

If the question arises after office hours: Call the hospital operator at 435.716.1000 and ask them to page Dr. Isom.

Aftercare instructions:

For sutures (stitches) on the face and neck:

- It is OK to wash your face gently and shower right away.
- You will typically apply antibiotic ointment (such as Neosporin, Bacitracin, Triple Antibiotic Ointment) twice daily until the sutures are removed in 4-7 days.

For sutures on the rest of the body:

- You will typically have a bandage that will be removed in 1-3 days and you can then get the sutures or Steri-Strips wet.
- Steri-Strips are tapes directly on the skin that will fall off on their own.

-Hand operations will typically need splints that are to be kept clean and dry.

-For showering, wrap the splint in a plastic bag or Saran Wrap and tape as needed.

-You can keep the hand outside the tub if you take a bath

-It is best to keep the operated area elevated as much as possible for the first few days after surgery.

-Ice packs placed over a clean washcloth can also help reduce pain and swelling for the first two days.

-Avoid strenuous activity or heavy lifting for two weeks after your procedure.

Scar care:

Scars take at least a year to fully mature. Avoid sun exposure for the first year by protecting the scar with a hat, clothing or sunscreen. There are many scar solutions out there. The best are silicone gel sheeting or Scar-Guard. These are placed over the scar starting two weeks after the procedure. Scar-Guard is more convenient and is brushed on the scar twice daily for two months. Scar massage is also helpful and can be started two weeks after the procedure.

These are general guidelines and more detailed instructions will be given as needed. Again, please do not hesitate to call if you have any questions.