



Lam Facial Plastics Surgery Center

Discharge Instructions – Excision/Wound Care

Follow the instructions below and reach out to our office with any questions or concerns.

- **Do not** bend over or perform activities that will increase pressure to your incision. This includes things like yoga, lifting weights, contact sports or even bending forward to put on your shoes or brush your teeth. Try to stay upright when performing all activities.
- You may shower 24 hours after surgery.
- Clean the incisions daily with a mild cleanser such as Cetaphil starting 24 hours after your procedure. Do not allow the shower spray to hit your excision/wound directly but rather let the water run down to rinse.
- Always with clean, freshly washed hands and a new Q-tip for each incision, apply a thin smear of triple antibiotic ointment to the incisions twice daily for one week.
- There is a slight chance of allergic reaction to the triple antibiotic ointment. If you should experience redness with itching and inflammation, discontinue use of the ointment and use plain Vaseline instead. Please make sure it is a newly purchased, never used container as this will decrease the risk of infection from previous use.
- Do not cut or pull at suture strings as you could cause your incisions to open.
- Keep your head elevated, even at night, for 2 days following your procedure in order to reduce swelling. We recommend using at least two pillows while lying in bed. Some patients find it more comfortable to sleep in a recliner with a travel pillow. Either method is appropriate.
- You may use only either over the counter Tylenol or the pain medication prescribed (if any) to treat your discomfort.
- Apply silicone scar gel twice daily.
- Apply silicone sheeting every night.
- **Do not** take Aspirin, Advil, Aleve or other blood thinning products for one week after your procedure to reduce bleeding and bruising.
- **Do not** drink alcohol for one week after your procedure as this can also cause bleeding.
- Return for your one week follow up appointment as scheduled for suture removal.
- **If you notice yellow/green drainage, pus filled bumps, fever over 100.4, severe pain or bleeding that isn't controlled with 5 minutes of light pressure, please notify our office immediately.**

If you have any questions or concerns, please call Dr. Lam at:

Monday – Friday, 8:30am – 4:30pm

Office: 972-312-8188

After Hours

Answering Service: 972-280-7461

Patient Signature: _____ Date & Time: _____

Witness Signature: _____ Date & Time: _____

6101 Chapel Hill Blvd., Ste 101

Plano, TX 75093

P: 972-312-8188

Revised: 5.13.19