

Luciann L. Hruza, MD  
Post-Operative Frequently Asked Questions

1. **WHAT IS THE NAME OF THE PROCEDURE?** The procedure you had is an excision with sutures.

2. **CAN I HURT THE AREA?** You do want to avoid any injury to the site of the surgery or any movements which might suddenly “pull open” the wound. Take it easy!! No vigorous exercise for at least the first 48 hours.

3. **HOW DO I BANDAGE THE WOUND?** The bandage we put on should stay on 2-3 days. When you take the bandage off, you may see small “butterfly” tapes or STERI strips over the wound. Please **leave these in place** if they were put on over the stitches. If they come off with the bandage there is no need to worry, but do not intentionally remove them; just pat them back down if they are coming loose. Bandages should be changed if soiled or wet. If kept dry and clean, then you should change the bandage around day 3 or 4. To do this, you should take the bandage off, apply some antibiotic salve (Polysporin, double antibiotic ointment) on top of the Steri strips and apply a fresh bandage. It is best **NOT** to change the bandage ever day because this may cause a rash from the tape of the bandage. You may change the bandage **EVERY OTHER DAY (or sooner if the bandage is wet or soiled)** until you have your stitches removed. You need to use a large size Band-Aid with the sticky tape on **ALL 4 SIDES** to keep water off the wound. If you want to make your own bandage, purchase a box of plain non-stick pads, and a roll of paper (sensitive skin, first aid tape). Cut the pad a little larger than the wound and cover the pad completely with the tape, **sealing all the edges**.

4. **WHEN MAY I TAKE A SHOWER?** Your wound needs to be kept dry for the entire time the stitches are in if possible. This allows your body to lay a framework for the healing process. You may shower in 24 hours after surgery as long as you protect the bandage from getting wet. You should always leave the bandage on when you shower to protect your wound. If the bandage were to become wet or soiled, no worry, just remove it and then put on a fresh bandage. Do not clean the wound with peroxide or alcohol.

5. **WHEN DO MY STITCHES COME OUT?** At your next visit, you will have your stitches removed. At that time, we may also put Steri-Strips on your healing wound. They provide extra support to the top layer of skin. These strips are put on with a special adhesive that will keep them in place for about a week, at which time they will fall off on their own. It is best not to get the strips wet the day they are put on and you should not scrub them with a washcloth. Sometimes the outside edges come loose before the center does. You may carefully trim the loose part of the strip, but do not pull it to remove it from the rest of the wound. Steri-Strips do not need to be bandaged. Please remember that the surgical area is **LESS THAN 10% HEALED WHEN THE STICHES ARE REMOVED!** For this reason we advice you to use caution is causing stress to the excision area for 1-2 months after surgery. The longer the area is allowed to heal the better the scar will ultimately heal.

6. **WILL I HAVE PAIN?** If you have some discomfort, you may take Tylenol or Extra-Strength Tylenol, 2 tablets every 6 hours (unless contraindicated by other medication or your health). You should not take pain relievers that contain aspirin or any of the NSAID products such as Motrin, Advil, Aleve, etc. as these medications may cause bleeding.

7. **CAN I GET AN INFECTION?** As in any surgical procedure, infection sometimes occurs. If you develop redness, tenderness, swelling or warmth around the area, drainage or bleeding that will not stop after 20 minutes of continuous pressure, or a fever of 101 degrees F or more, please call the office. **If this is an emergency** when the office is closed you may call (314)223-8839 to reach Dr Hruza directly. If you do not hear back from the doctor within 20 minutes please try her number again.

**OFFICE PHONE: (314) 645-4500**