

Dr. Phitayakorn's INCISION AND DRAINAGE Instructions

ACTIVITY:

- Resume normal activity and exercise schedule

DIET:

- No dietary restrictions
- Resume your normal diet

INCISION CARE:

- Remove 1" of the gauze each day and keep covered until drainage stops. Once all of the gauze is removed you can put neosporin or bacitracin over the wound and cover with a band-aid.
- Mild swelling at the incision site will go away in 4-6 weeks. The pink line will slowly fade to white during the next 6-12 months.
- Keep your wound covered with a scarf or clothing when outside as the sun can darken your scar.
- At 3 weeks after the date of your operation you should begin to use sunscreen.
 - Use sunscreen that has a formulation with zinc or titanium oxide when you go outside
- At 3 weeks after the date of your operation you can also use a scar ointment if you wish.
 - Vitamin E
 - Origins, Myderma, or similar ointment
 - Whatever ointment you choose, you should use twice a day and rub in a circular motion into your scar for about 3-5 minutes each time.

COMMON PROBLEMS:

- Numbness of the skin under the chin or above the incision is normal and should go away in a few weeks.
- Your incision may feel itchy while it heals. This will go away after about two months.
- After surgery, you may notice a change in your mood, emotional ups and downs, depression, irritability or fatigue and weakness. These changes will get better as time passes.

CALL DR. PHITAYAKORN IF:

- You have any urgent questions or concerns.

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