



WOUND CARE:

Keep the surgery site bandaged for 24 hours. When it is time to remove the bandage, begin cleaning the wound twice a day with vinegar soaks and apply Polysporin to the area. Continue this until the sutures are removed, or if there are no sutures, until the area is nicely healed. It is not necessary to continue to keep a bandage on the wound after the first day. However, if a bandage is more comfortable, it is certainly okay to wear one. If you have any questions, or are concerned about your surgery site, please call the office. We are always happy to talk to you, or to have you come by for us to check the area. We will call you with your results in one week. If you have not heard from us in one week, please contact the office.

VINEGAR SOAKS:

Mix together:

1 teaspoon white vinegar

1 pint warm water

Soak washcloth in above mixture and apply to affected area for 20 minutes twice a day.

DOXYCYCLINE/MINOCYCLINE/TETRACYCLINE KEY SIDE EFFECTS/HELPFUL HINTS INCLUDE:

Take with food. Taking on an empty stomach may cause nausea. Take with a full glass of water and not within 1 hour of bedtime, to avoid esophageal irritation/reflux. Do not take within 2 hours of dairy products or calcium supplements to prevent problems with absorption. These medications increase sun sensitivity, take precaution. Do not take these medicines if you are pregnant or breastfeeding. Also, there is a theoretical decrease in efficacy of birth control pills while taking these medications, so use a "back-up" plan if this is an issue. Minocycline may also cause vertigo (dizziness) or bluish pigmentation of the skin, as well as joint aches and "lupus like" symptoms. Stop the medicine if this occurs and contact the office. Review the complete side effects profile with your pharmacist. If you experience problems, stop the medicine and contact our office, or go to your closest ER.

SUTURE REMOVAL:

Your sutures should be removed in _____ days. The sutures may be removed here at the office with a suture removal appointment, or for convenience, if you have a family member/friend who is comfortable with removing your sutures, that's okay too.

SCAR TREATMENT:

One month after your surgery site is completely healed, you may begin scar treatment to reduce the appearance of your scar. You may gently massage the scar twice a day with Serica scar formula, Biocorneum Advanced scar treatment, or you may apply silicone scar sheets (Ex:ScarAway) every 12 hours to the area.

Please contact the office if you have any questions or concerns.