

## MINOR SCALP SURGERY

Surgery Date: \_\_\_\_\_ Place: \_\_\_\_\_ Arrival Time: \_\_\_\_\_

### **TWO WEEKS BEFORE SURGERY:**

1. Some medication can interfere with anesthesia and cause undesirable side effects. Please read over the enclosed medication information list and let us know if you take any of them.
2. Smoking will affect how you heal. It is very important to stop smoking 2-3 months before your surgery.
3. If you develop a cold, facial sore or any other illness prior to surgery, please notify us.
4. Most minor scalp surgery is performed in the office without sedation. If you are having surgery as an outpatient, please be sure to arrange for a responsible adult to drive you to and pick you up after surgery.

### **EVENING BEFORE SURGERY:**

1. Shampoo your hair and wash your face with mild soap and water. Do not use conditioner or hair spray after shampooing.
2. In preparation for after surgery, place two pillows for elevation of your head & shoulders on your bed.
3. Do not eat or drink anything after midnight if having general anesthesia. If surgery is performed without sedation or anesthesia avoid eating or drinking for 2 hours before surgery.

### **MORNING OF SURGERY: Arrive to office 15 minutes early**

1. Do not wear wigs, hairpins, hairpieces, jewelry, or contact lenses. Dress in loose-fitting comfortable clothes.
2. Again if you are going to be sedated have someone drive you to your surgery and make certain someone will be available to take you home.

### **AT HOME AFTER SURGERY:**

1. After surgery, it is best for you to rest and keep your head elevated on 2 pillows.

2. Most patients will require a compression dressing on the scalp for the first 12-24 hours after surgery due to oozing and swelling.
3. If you have pain or discomfort, take the pain medication every 4-6 hours. If you have no pain, do not take the medication. Alcohol and pain medications should not be taken together.
4. You can expect some bleeding from the staple or suture lines and swelling of the scalp. However, you should call the office if you have a continuous bloody drip, significantly swelling, or any severe pain.

#### **OTHER POST-OPERATIVE INSTRUCTIONS:**

1. On the day after surgery, your dressing will be removed.
2. On the evening after surgery or the second day you may take a shower and gently clean the scalp. Scalp should be cleaned with baby shampoo.
3. Diluted Hydrogen peroxide often helps to remove old blood and debris but should be discontinued after several days.
4. Try to clean the scalp wound slowly over time; not all at once. Avoid applying ointments to the scalp because it will tend to cause matting of the hair. It is best to simply allow the wound to dry once cleaned.

#### **GENERAL INFORMATION:**

1. Scalp tissue is thick and resists advancement. The scalp wound may be longer than you expect to allow for closure.
2. Tightness and irregularity of the scalp is normal after the surgery. This will relax with time but may take several months.
3. Red discoloration of the scalp may occur due to swelling. This is painless, and will usually disappear completely over time. If the redness is associated with heat, drainage, or fever you should notify your physician.
4. Staples are sometimes used to close defects of the scalp. Staples allow for less shaving of the head and may protect the hair follicles. Staples and sutures are usually not removed for 2 weeks.
5. Strenuous activity/heavy lifting of objects greater than 25 lbs should be avoided for up to 3-5 days.

6. Incisions will be extremely sensitive to sunlight during the healing phase. Direct sun contact is to be avoided and coverage is indicated for at least 3 months.
7. Please take all medication carefully and as directed. If you have nausea, vomiting, rash, shortness of breath, or diarrhea after taking your medications, please call the office.
8. If you develop a fever (oral temperature greater than 101), redness or increased pain at the surgical incisions, please call us immediately.

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