



Anne Dancey
PLASTIC SURGERY

Sebaceous Cyst Excision Post-Operative Instructions

Sutures

Incisions to the trunk and limbs are closed with dissolvable sutures that do not require removal. They are hidden under the skin and will dissolve naturally over approximately 4 weeks, when the incision is strong enough to support itself.

Incisions to the face are normally closed with interrupted non-absorbable sutures, which need to be removed approximately 5 days post-operatively.

Dressings

Steri-Strips® are used on the face and waterproof dressings elsewhere.

You should avoid getting the Steri-Strips® wet until we see you in clinic. The waterproof dressings are showerproof, and I recommend you avoid swimming for a period of 1 to 2 weeks after surgery.

Medication

The local anaesthetic normally lasts for 4 hours but you may need additional analgesia in the form of Tylenol and Ibuprofen. You should not need antibiotics as there is a low risk of infection.

Scar advice

Once the dressings are removed, I recommend that you massage the incisions using small circular motions at least twice a day for 5 minutes. You can use any moisturising cream of your choice and apply firm pressure until it blanches.

The scars will also benefit from silicone scar gel (ScarAway® or Kelo-Cote®) twice a day, which will soften and fade them, as well as applying sunblock for 12 months to provide sun protection.

The ScarAway® can be purchased from Healthcare Pharmacy at Governors Square in Grand Cayman.



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Follow up

Before you are discharged from Hospital, you will be given a follow up appointment to see the nurse one week post-operatively.

I normally see you in clinic between 2 to 6 weeks following your procedure, depending on the type of surgery.

You should also be given contact numbers in the event of any problems. If you have any questions or concerns about your recovery, please do not hesitate to phone or email me and I will endeavour to respond to you the same day.

If it is more urgent then please contact the Clinic/Hospital. In the unlikely event of an emergency, you must visit your closest Emergency Department.



I hope you find this information useful. If you have any questions or require a little more information, then please do not hesitate to contact me.

Anne Dancey

Dr Anne Dancey

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