

# Instructions following minor surgery: Pilar cyst

You've just had a Pilar cyst removed from your scalp. The scalp is an area with rich blood flow, so complications like infections after the procedure are very rare.

## Wound care:

### 24 hours after surgery:

- Try to avoid direct contact with wound
- avoid hats, tuques, water, shampoo and other products

### The day after surgery:

1. Wash wound delicately with a gentle shampoo and water
2. In order to keep the sutures intact, avoid scratching or vigorously rubbing the wound
3. Dry wound softly by patting it dry with a towel
4. Apply a small quantity of ointment (Vaseline or Polysporin), this can be bought at your pharmacy.

**Generally this is not necessary for a Pilar cyst unless there are signs of inflammation or infection ex: discharge, sensitivity, redness or swelling**

**Do not let the incision get dry or form a scab**

### 5 to 10 days after surgery (following doctor instructions):

The doctor will ask that you make a follow up appointment to remove the sutures if needed (some sutures are absorbable by your body). Once the wound is healed and the sutures are removed, apply a topical **Vitamin E** cream regularly. This will improve the appearance of the scar (can be bought at your pharmacy).

### Things to avoid:

- do not immerse incision/ wound/sutures in pool, bath, and whirlpool
- do not use Hydrogen Peroxide or rubbing alcohol
- do not do activities that will cause tension on wound/incision/sutures
- do not expose scar to the sun for a prolonged time (this will discolor scar to a dark brown tint)

**Normal signs and symptoms 2-3 days after surgery:**

- mild swelling      - bruising      - light clear or yellowish discharge
- sensitivity      - slight reddening

**Make an appointment with the doctor at the clinic (862-4182) if:**

- you have a fever      - pain increases      - redness increases
- yellowish or green discharge from wound lasting more than 1 to 2 days

**If bleeding:**

- Put pressure on the wound without interruption for 20 minutes minimum. If bleeding is significant or continues, call clinic for an appointment (862-4182) or go to emergency

**Visit my website [plantbaseddrjules.com](http://plantbaseddrjules.com) to find downloadable versions of my post-op instruction forms and for more information on health, nutrition and skin surgery services.**

