



Post operative instructions: **EXCISION (Face)**

Today you had a skin lesion removed through Excision

While most of these will heal quickly and without concern a few tips to help the process:

1. General care
 - The dressing needs to remain dry for 4 days
 - Remove the dressing in the shower at day 4
 - Dry and apply Vaseline twice a day until removal of sutures
 - Don't apply Vaseline on morning of suture removal
2. Pain
 - Most skin excision, if well covered with a dressing cause little or no pain
 - On the day of surgery take 2 panadol when you get home and a further 2 before bed
 - Nurofen and Voltaren can cause bleeding so in the first instance try Panadol.
3. What to watch out for
 - Infection - <1% of biopsies get infected but will present as:
 - Pain getting worse after 48 hours
 - Smell through the dressing
 - Redness and warmth at the site
 - Fevers or feeling unwell
 - Please contact the clinic and we will arrange urgent review
 - Bleeding
 - Bleeding contained within the dressing in the first 24 hours is common
 - If bleeding is occurring through the dressing apply firm pressure for 20 mins
 - If bleeding continues after this period please contact the clinic in hours or attend Emergency after hours.
 - If no active bleeding you can restart your blood thinner the next day
4. Activity
 - Please refrain from all activity that places stress on the wound for 2 weeks
 - No swimming for 2 weeks
5. Scar Management
 - Apply STRATAMED silicone gel twice daily for 8-10 weeks