



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

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 water proof dressing is removed at day 3 post op
  - The fabric weave dressing remains over the wound for at least 2 weeks
  - After this you can shower but no swimming or baths for 2 weeks
  - Torso - Tape the wound every week for 6 weeks with Fixamul
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 and if available apply a firm bandage
    - 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