

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

Today you had a skin lesion removed through Excision and Flap/Graft

You have been given a one-off dose of antibiotic pre operatively. You do not need further antibiotics.

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 Panadols 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.
 - It is common to have "black eyes" after surgery on the forehead and around the eyes.
 - If no active bleeding, you can restart your blood thinner the day 2 post op.
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.