

Post-Operative Instructions Following Excision

Your surgeon has performed an excision of a skin lesion/s today. Your wound has been closed using a suture, that is either dissolvable or that will need to be removed usually in 10 to 14 days.

- **Leave dressing on until next visit.** DO NOT GET THE DRESSING WET. IF THE DRESSING BECOMES WET OR FALLS OFF, gently remove old dressing, and apply new dressing. *
- **TRANSPARENT DRESSING applied today** and should be left intact for 3 to 7 days. You can shower with this type of dressing. Please do not point the shower stream directly to your wound. Do not rub pat dry. If your dressing starts detaching, remove it carefully. From that point on you will have to start changing your dressings daily. *
- **Steri-Strips™ (tape strips)** applied over your wound today. Please do not remove them. They will fall off on their own by slowly curling off in about 1 week. Trim the curled edges and within a few days, the entire strip should come off.
- **Ointment and Nonstick Gauze Dressing** secured it with paper tape applied today: You can shower 12-24 hours after your procedure. Do not allow the shower stream to directly wet your wound. Do not use your towel to dry your wound. Pat it with a fresh gauze pad instead. New dressing should be applied always after you shower or if you get it wet. Change your dressing * in the morning and in the evening.
- **Ointment and Band Aid applied today.** If only band aid is needed to cover your wound please remember to change it twice a day. Recommended **ointment** has to be applied to the wound prior to covering it with band aid.

General Instructions

- Please refrain from physical activity until your stitches are removed. Avoid lifting heavy items or weights and avoid bending for at least 2 weeks.
- Do not use your towel to dry your wound. Pat it with a fresh gauze pad instead.
- Do not take a bath, go swimming or go into a hot tub until your wound is healed or sutures are removed.
- The wound will heal faster and with less scarring if you continue to keep it moist with **Bacitracin Zinc Ointment or Catrix Ointment**
- Redness and mild swelling may occur around the wound for a few days.
- Pain is usually mild. To relieve your mild pain or discomfort, take acetaminophen (Tylenol®) or Extra Strength Acetaminophen (Extra Strength Tylenol®). Follow the dose directions on the package.

- **Narcotic pain medication prescribed today** Due to size/depth and location of the excision. Try to wean down as tolerated. These medications can cause constipation and you may want to use an over-the-counter stool softener. Tylenol products or medications such as Aleve or Motrin (anti-inflammatory) should be used instead if you are not having much pain. The prescribed narcotic medications should not be taken at the same time as plain Tylenol. **Do Not Drive or Operate Machinery** while taking this medication.

How to change dressing

- Gather your supplies and wash your hands with warm water and soap.
- Clean your wound with gauze soaked in mild soap and water. (**DO NOT** use rubbing alcohol, hydrogen peroxide on other harsh substances)
- Gently pat the wound dry with a gauze pad.
- Use cotton swabs to put **Bacitracin** or **Catrix** ointment on your wound.
- Cover your wound with sterile **nonstick gauze** and secure it with paper tape. Depending on the excision site you might need cover your wound with a bandage cut to the size of your wound, instead.

When to call office immediately?

- Any of the following symptoms at your wound or the area around it:
 - Increasing redness or swelling
 - Increasing pain or discomfort
 - Skin that is hard or warm/hot to the touch
 - Yellowish or greenish drainage
 - Bleeding that doesn't stop after applying pressure
 - Foul odor
 - If the lesion appears to have opened
 - Rash
 - Blistering
- A temperature of 100.4° F (38 ° C) or higher
- If you do not have a follow-up appointment

Please call our office with any questions or concerns: (847) 518 – 9999