
SKIN LESION EXCISION POST OPERATIVE INSTRUCTIONS

1. ACTIVITY:

- Avoid strenuous activity for 24 hrs.
- No lifting greater than 20 pounds for one week.
- Sleeping with head and shoulders elevated, such as on 2-3 pillows or in a recliner will keep swelling down and help pain control.

2. MEDICATIONS:

- Resume all your pre-operative medications as previously prescribed, unless otherwise instructed by your surgeon.
- Take new medication as prescribed after the surgery and until completely gone.
- Please notify our office if you experience any adverse reactions

3. SURGICAL SITE CARE:

- Keep the incision clean and dry for 24 hrs.
- You may shower/wash after 24 hours and pat area dry thereafter.
- Excess crusting may be cleansed with a ½ peroxide, ½ sterile saline mixture. Dry well with a clean towel and apply bacitracin ointment.
- Apply a thin coat of bacitracin to the incision 3 times a day.
- Ask your surgeon if you may use ice packs to keep the swelling down.

4. PRECAUTIONS:

- Please refrain from smoking until after the first follow up visit. Smoking will interfere with healing and increase the risk of complications.

5. CALL OUR OFFICE IF:

- You develop significant wound swelling along with redness, drainage, or fever.

Please call our office with any additional questions or concerns.