

POST OPERATIVE CARE INSTRUCTIONS FOR SKIN LESION REMOVAL

IMMEDIATELY AFTER SURGERY

- Remove dressing 24 hours after surgery unless otherwise instructed.
- Expect some bruising and swelling. You can gently place ice (wrapped in a clean towel) over your surgical site to reduce swelling.
- Elevate your surgical site above heart level (if possible) to reduce swelling and discomfort.

WASHING

- You can wash your surgical site with soap and water. Showering is okay, however, do not soak your surgical sites (no baths, pools, hot tubs, or lake water) for 2 weeks.
- Dry by gently patting with a clean towel or allow to air dry.
- Continue the first 2 washing steps until stitches are removed - generally 3 to 5 days for facial stitches, 14 days for feet, and 10 to 14 days for all other areas.
- Do not use peroxide or alcohol to clean the wounds.
- Apply Polysporin or Neosporin ointment and cover area with a bandaid or a clean dressing.
- Allow wound to be uncovered and without ointment for 2 to 4 hours daily.
- Bleeding from your surgical site may occur following surgery. If it occurs, hold constant firm pressure for 10 minutes with a clean towel. If bleeding persists or one side is becoming much larger than the other side please call for after hour care.

POST OPERATIVE PAIN MEDICATION

- Anti-Pain medication can be taken after your surgery. Local anesthetic usually lasts 4 to 6 hours.
- Resume any prescribed medications unless otherwise stated.
- Take antibiotics as prescribed and at the appropriate times until completed.

AFTER STITCH REMOVAL

- Begin to massage your scar 1 week after your stitches are removed with Vaseline lotion or BioOil. Do not use vitamin E.
- If your surgical site is exposed to the sun, apply sunscreen SPF 45 or higher for at least 1 year to prevent scar from tanning.

FOLLOW UP APPOINTMENTS

You will have full access to Dr. Lyons and her medical team during your recovery. If there is a concern about your surgery or recovery, please call the clinic at 306.566.4664.