

Instructions on care after skin lesion excision

1. The excision site will usually be dressed with a plastic film dressing which is waterproof. Please check the dressing to ensure it is firmly adherent to the surrounding skin so that the wound does not get wet. You will be given a second dressing in case the first dressing bleeds through or starts peeling off.
2. The site may become painful after the local anaesthetic wears off (usually within 2-4 hours). You may use paracetamol for pain. Please DO NOT use aspirin or anti-inflammatory medications, such as nurofen or advil, for 48 hours as this will increase bleeding and bruising.
3. Try to keep the wound site dry for at least 4 days. It is advised to keep the wound covered by a dressing until sutures are removed as wounds heal better when covered.
4. You may apply vaseline or paw paw ointment to the wound site to assist healing and repel water.
5. You will be advised when to return to the surgery for removal of sutures usually 7-14 days depending on the site and size of the wound. Skin sutures are usually not absorbable.
6. If at any stage the wound or surrounding skin becomes unusually or increasingly painful, red or swollen please come and see the practice nurse for a review of the wound. If infected the nurse may ask the doctor to review to start antibiotics.
7. When returning for removal of sutures you will be informed about the results of the pathology of the skin lesion.

Tips on scar reduction:

After the wound has healed best results can be obtained by applying either a silicone type dressing (eg. Cica-Care), or gel (eg. strataderm) for approx. 2 months.