

Post-Operative Instructions for *Lesion Excision*

After Surgery

- Some oozing is normal. If you have bleeding, place a small gauze over the area of bleeding and hold pressure for 5 minutes looking at the clock and it will stop.
 - Swelling is normal and will peak at 48 hours.
-

Activity

- 2-5 days of no exercise/sweating.
 - No swimming until cleared.
 - Showers are ok unless otherwise told.
-

Medications

- Take acetaminophen and ibuprofen for pain.
 - No antibiotics are needed.
-

What To Expect While Healing

- Bruising is normal, this will be better in 1 week and usually gone by 2 weeks.
 - The scar will be reddest at 3-6 months and fade by 1 year.
-

Follow-Up

- If you have dissolvable sutures – virtual within 2 weeks.
 - If your sutures need to be removed – in person within 7 days.
-

Scar Care

- First 2 weeks:
 - If you have a bandage from the stitches, leave it on until it falls off
 - If you have no bandage – apply Aquaphor twice a day for 1 week then stop
- After 2 weeks:
 - Sun avoidance: hats, sunscreen.
 - Silicone scar sheets at nighttime for 3-6 months. Apply at night, remove in the morning. Purchase online or at pharmacy.