

# Skin Excision in Procedure Rooms

## *Post op instructions*

### **Appointment**

Please book your post-operative appointment for 5-7 days post surgery for facial excisions and 10-14 days for excisions elsewhere on the body. At this time your dressing will be changed and stitches removed as required.

### **Pain relief**

Rest and elevation of the operated area will help reduce discomfort. Mild to moderate pain can be expected for about two days which can usually be relieved by taking Panadol or Panadeine, but unless discussed otherwise, avoid using aspirin for pain relief. For facial and scalp surgery, avoid bending and straining as much as possible.

### **Dressings**

Keep your dressing dry for 48 hours, you can remove the outer dressing and shower/get the wound wet. Try to keep the tape/steri-strips intact until your first review. If the steri strips come off, please purchase from chemist and replace them. Restrict activities to a minimum until sutures have been removed i.e. no swimming or gym activities.

### **Pathology**

For many skin excisions we will send your specimen to our pathologist for examination and we will call you with the results.

### **Scar minimisation**

We recommend the use of scar gel one week following removal of sutures for patients who are aiming to achieve the optimum aesthetic result.

**Contact us if you develop:**

- A fever or become unwell
- Nausea and vomiting which persists after 48 hours
- Spreading redness/rash over the operative area or suture lines
- Pain which is not relieved or controlled by your pain-killers
- Have sudden copious discharge of fluid or oozing from your wounds
- For after hours emergencies or if you are unable to contact the office, visit your local GP or emergency room.