

SKIN LESION EXCISION

Post-operative Instructions Following Skin Lesion Surgery

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Call the office immediately if you have:

- A fever/temperature of 101 or higher
- Any unusual or painful swelling and redness
- Pain that is not relieved by your pain medication
- Any active bleeding soaking more than a 4x4 gauze
- Any purulent “pus like” drainage coming from the incision site

1. Right after surgery: Your main goal for the first week is to allow your wound to heal and swelling to go down. Do not perform any strenuous activity or exercise that may cause an increase in swelling or bruising. If instructed, you may apply an ice pack to the area.

2. Swelling and bruising: Swelling & bruising will be at its most noticeable stage around 2-3 days after surgery and will then start to subside. Most bruising disappears by around 7-14 days after surgery.

3. Dressing: When you leave the operating room, you will have a steri-strip and/or gauze bandage on the area. Leave this alone. Bleeding the first night is very common, just apply pressure with a clean gauze if necessary. When you come in to your first post-op appointment at the office, we will perform your first dressing change and instruct you on further care, if needed.

4. Medications: Pain medication is not always required for lesion excision. However, you may have been given a prescription for pain medication to alleviate the soreness, should you require it. Sometimes an anti-nausea prescription is given if you have a history of nausea after surgery. Extra Strength Tylenol can be taken if the pain prescription you were given is too strong or you were not given a pain prescription.

5. Hygiene: You may take a shower after 24 hours and get the steri-strips (tape) wet. If you have a gauze dressing on, remove it first. The tapes will usually stick on until your office visit. If the tapes fall off, just replace with a small band-aid.

6. Exercise: No exercising for six weeks following surgery. Keeping your heart rate low during this time frame is best.

7. Sun Exposure and Skin Care/Makeup: Do not use your regular skincare products or makeup until your first postoperative appointment. At that time, Dr. Behmand will assess to see if you are ready to start using products again. Avoid direct sun exposure for at least 6 weeks after surgery. Wear sunscreen at all times during the day (once you are given the approval to use skin products from Dr. Behmand, usually around postoperative day 10).

8. Follow-up: During your preoperative appointment, you will be given a printout detailing the dates and times for your surgery and your first postoperative follow-up appointment. This sheet will be in the black folder given to you at our office.

9. 24 Hour Answering Service: If anything is urgently needed after 5 pm or over the weekend, please be aware that we do have a 24 hour answering service. You may call our regular office line at (925)939-9200 to reach the answering service for assistance.