



Skin Excision Aftercare

1. Wound Care

- **Keep it covered:** Leave the dressing on for the first 24 hours (or as instructed). After this, you may remove it and gently wash the area with mild soap and water.
- **Avoid soaking:** Do not soak the wound in water (baths, swimming pools, hot tubs) for at least 7–10 days. Showers are fine.
- **Apply ointment:** Use a thin layer of antibiotic ointment (if prescribed) or petroleum jelly to keep the wound moist.
- **Re-dress as needed:** Cover with a clean, non-stick dressing until the wound is fully healed.

2. Activity

- **Limit strain:** Avoid strenuous activities that may stretch the wound for the first few days.
- **Protect from trauma:** Try not to bump or rub the area.

3. Signs of Infection or Complications

Contact your doctor if you notice any of the following:

- Redness spreading beyond the wound
- Increasing pain or tenderness
- Swelling or warmth around the area
- Yellow or green discharge or foul smell
- Fever or feeling unwell

4. Bleeding or Oozing

- Minor bleeding or oozing is normal.
- Apply gentle pressure with a clean gauze if bleeding occurs.
- If bleeding persists or is heavy, contact your clinic immediately.

5. Pain Management

- Mild pain is normal and can usually be managed with over-the-counter pain relief such as paracetamol or ibuprofen (if suitable for you).
- Follow the dosing instructions on the package.

6. Scar Care

- **Sun protection:** Keep the area out of direct sunlight for at least 6–12 months, or use sunscreen (SPF 30+) to reduce the risk of scarring.
- **Massage:** Once fully healed, gentle massage of the scar with a Scar Gel (Strataderm) can help improve appearance.

7. Stitches / Sutures

- If you have stitches, your doctor will advise when they need to be removed (usually 7–14 days depending on location).
- Do not attempt to remove stitches yourself.

8. Follow-up Appointment

- Attend any scheduled follow-up to check healing and discuss biopsy results.
- Biopsy results typically take 1–2 weeks.

9. When to Seek Immediate Medical Attention

- Severe bleeding
- Signs of infection not improving
- Wound opening or gaping
- Severe pain not relieved by medication

Remember: Every wound and patient is different. Always follow the specific instructions given by your treating clinician.