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Postoperative Instructions after Removal of Skin Lesions

You will be bruised and swollen following removal of a skin lesion. The swelling will be greatest for 36 hours after surgery. You may have some oozing of blood from your incision for several days postoperatively. You can expect the swelling to diminish after the first 5-7 days. The bruising may persist for 10 days or longer.

You can promote more rapid healing by following these simple rules.

1. Keep the area elevated on several pillows while sleeping if possible.
2. Drink 8 glasses of water a day.
3. Place ice packs or cold compresses on your incision for the first 48 hours after surgery.
4. You may shower after 48 hours, but try not to soak your incision.
5. If you have steristrips and they come off, just apply Neosporin or similar antibiotic ointment two times a day directly on the stitches and apply a Band-Aid or gauze.
6. Take your prescribed antibiotics and/or pain medication as directed.
7. Do not exercise until your doctor instructs you to do so.
8. Do not smoke following your surgery.
9. Do not take Aspirin, Advil, Motrin, Naprosyn, Ibuprofen or other non-steroidal anti-inflammatory medications unless your Doctor instructs you to do so.
10. Call your doctor if you have any increasing pain, swelling, fever, chills, vomiting or other concerns.