

**Post-Procedure Instructions After Excision of Skin Lesions**

**Care of the Incision**

- If Steri-Strips were used:
  - You may shower. Remove the external dressings in 48 hours.
  - The tapes over the incisions stay on for up to 7 days, and then you can remove them.
- If Dermabond (skin glue) was used:
  - You may shower now, but do not vigorously scrub the incisions.
  - The Dermabond will flake off in 7-10 days. Do not pick at the incisions.
- If sutures (stitches) were used:
  - Apply Neosporin or triple antibiotic ointment on the incision site twice a day after removing the original dressing in 48 hours, at which time you may shower as well. Keep the incision covered with sterile bandages for at least one week or until seen in the office.
- Avoid immersing the incisions in a bathtub, pool, or hot tub for 2 weeks.
- Place any soiled dressings in a zip lock bag before disposing of them.

**Pain Medications**

- Your local anesthetic will wear off in about 1 to 3 hours at which time the area may become sore.
- You may use over the counter pain relievers such as Ibuprofen or Motrin as well in 48 hours, or you may use Tylenol or Extra Strength Tylenol right away.
- If you have been given a prescription for pain medication like Lortab, or Percocet, please do not drive until you are off the medication for 24 hours and do not take them at the same time as anything containing Tylenol to avoid an overdose.
- Sometimes these pain medications cause constipation so you also may need to take a stool softener or Milk of Magnesia as per the instructions on the bottle. A high fiber diets and drinking plenty of fluids also will help to prevent constipation.

**Activity**

- You may resume normal activity unless restricted by the doctor.

**Follow-Up Appointment**

- Call my office at 341-5311 to schedule a follow up appointment in 2 weeks if not already done.

**Call our office at 341-5311 during business hours or the hospital after hours at 341-2556 if:**

- Increasing and severe pain at the incision
- Persistent fevers of greater than 101° F.
- Worsening or spreading redness around the incision or the incision opens up.
- Significant bleeding from the incision or drainage of pus from the incision site
- Severe bruising or swelling at the incision site.
- Any other questions or concerns that you have regarding the operative site.
- In case of emergency, go to the Claremore Regional Hospital Emergency Room.

***I HAVE RECEIVED AND UNDERSTAND THESE INSTRUCTIONS***

\_\_\_\_\_ Patient/Guardian      Date \_\_\_\_\_