

# PATIENT INFORMATION

## Instructions After Your **Lesion Excision** Surgery

### GENERAL

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**Elevate:** Keep the area where you had the surgery elevated above your heart as much as possible to minimize swelling and pain

**Pain relief:** mild pain and discomfort is expected

- You can take Acetaminophen (Tylenol®), and add ibuprofen (Advil®, Motrin®) or naproxen (Aleve®) if Tylenol® alone is not enough

### INCISION CARE

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**First three (3) days:** keep the dressing dry

**After day three (3):** remove the outer layer dressings. **Do not peel off the Steri-Strip™**

- Wash the area under clean running water (sink or shower)
  - **Do NOT submerge it in dirty water** (bath, swimming pool or hot tub)
- Allow the skin and Steri-Strips™ to dry
- If the Steri-Strip™ fall off on their own, don't worry. You may put a new bandage on and change it daily until two (2) weeks. **Do NOT use Polysporin®** (it will cause redness and irritation)

**At two (2) weeks after surgery:** massage the scar

- Remove the Steri-Strips™ if they are still on
- You can use any over-the-counter cream such as **Vaseline®** or hand lotion when massaging the scar
  - You may also use a scar cream, such as **SkinCeuticals Epidermal Repair** or **A-Derma Epitheliale**
  - **Do NOT use Polysporin®** (it will cause redness and irritation)
- Massage the scar along its length for at least 10 minutes, twice per day
- At first, you may notice that the scar is painful or sensitive – this is normal for many people; by massaging the scar, this sensation will go away
- If the knot has not fallen off after two (2) weeks, and it is irritating you, you can trim it flush with the skin
  - If the knot does not bother, you can leave it alone until it falls off on its own