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## AFTERCARE INSTRUCTIONS

### **STANDARD EXCISION ie not skin grafts, flaps or purse string closures**

LEAVE DRESSING ON UNTIL REVIEW WITH OUR NURSE, there is no need to apply an island dressing (fabric or water resistant) under any circumstances – this ‘tape’ like dressing is sufficient and reduces the chance of infection.

You can shower 24hrs after the excision has taken place and the dressing does **NOT** need to be change.

#### Exercise:

This depends on the location of the excision but typically (you will advised by your doctor) you should avoid heavy workouts/walking and sports for the first week and then you can resume gentle exercise on week two.

#### Review and Suture removal:

Your will be advise when to make an appointment with our nurse for wound check or suture removal at the time of the procedure

However do not wait for the wound to become grossly infected e.g. red and swollen with purulent discharge – if you have any concerns please our nurse for a review straight away, if out of hours attend your local GP

#### Pain:

It is normal to have a small amount of pain for up to 24 hrs after the operation. Paracetamol should be able to be control this normal/expected pain.

If the wound becomes increasingly painful, especially at rest or from the 3rd day after the operation, please contact us immediately as this is often the first sign of infection.

#### Bleeding:



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There may be a small amount of bleeding confined to the dressing this is NORMAL. Please do not disturb the dressing.

If the bleeding is excessive (completely soils or leaks from the dressing) or is persistent, apply pressure and seek medical input from our nurse or another medical professional if our of hours.

Scar care:

After suture removal another tape dressing will have been applied (where necessary), remove this at 7 days (don't worry if it falls off prior) and then you can start to use a scar management gel – such as TRPRO+ gel (purchased from our clinic) or Strataderm gel (from any chemist).