

Quacks at Bamford Lane

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Skin Lesion Removal Education Sheet

What to Expect at Home

So, you have had a Skin lesion removed. There are many ways the doctor could have done this.

After your procedure, you should not have much pain, but some soreness, swelling, or bruising is normal. Your doctor may recommend over-the-counter medicines to help with any discomfort. Most people can return to their normal routine the same day of their procedure.

How quickly your wound heals depends on the size of your wound and the type of procedure you had. Most wounds take 1 to 3 weeks to heal.

If you had stitches, we normally ask you to come back in 2 days for an infection check and 7 days for stitches removal.

This all depends on where on your body the excision is and how big or small the wound size is. We also have to take into consideration how you heal as well. So, there are many factors that we take into account for when we ask you to come back. If you have the type of stitches that dissolve, they don't have to be removed. They will disappear on their own.

This care sheet gives you a general idea about how long it will take for you to recover. But each person recovers at a different pace. Follow the steps below to get better as quickly as possible.

How can you care for yourself at home?

Activity

- For the first few days, try not to bump or knock your wound.
- Depending on where your wound is, you may need to avoid strenuous exercise for 2 weeks after the procedure or until your doctor says it is okay.
- If you have had a lesion removed from your face, do not use makeup near your wound until you have your stitches taken out.
- Normally it is OK to have a quick shower in the first two days after your excision. We normally place a water-resistant dressing over your wound but long hot showers or soaking in a tub or swimming may compromise this. Your doctor will tell you if you are not able to shower in this time and you may have to have a "bird bath".

Wound care

- If your doctor told you how to care for your incision, follow your doctor's instructions. If you did not get instructions, follow this general advice:
- Day 2 onwards (Normally after your infection check) the practice Nurse will take off your water-resistant dressing and leave the wound open to air. You will be able to wash the wound with running tap water in the shower. Any soap or shampoo that gets on the wound is OK but just make sure it is rinsed off well. Make sure to pat dry as rubbing it may cause you to catch a stitch and you will know all about it.

- You may cover the wound with a thin layer of petroleum jelly, such as Vaseline, and a non-stick bandage.
- If a scab forms, do not pull it off. Let it fall off on its own. Wounds heal faster if no scab forms. Washing the area every day and using the petroleum jelly will help prevent a scab from forming.
- If the wound bleeds, put direct pressure on it with a clean cloth until the bleeding stops.
- “R-I-C-E”- Rest, Ice, Compression and Elevation is a good pain relief and can control swelling of the area which helps in healing. Apply an ice pack for 10-30 mins every hour if needed.
- If you had a growth "frozen" off, you may get a blister. Do not break it. Let it dry up on its own. It is common for the blister to fill with blood. You do not need to do anything about this, but if it becomes too painful, call our nurse for advice.
- Avoid the sun until your stitches are removed.
- Scars can take up to 6 months to fully heal and reach it final result. During this time sun screen is advised along with gentle massage and protection from trauma is optimal.

Medicines

- If you stopped taking aspirin or some other blood thinner, your doctor will tell you when to start taking it again.
- The doctor will also give you instructions about taking any new medicines.
- Ask your doctor if you can take an over-the-counter pain medicine. This includes Paracetamol or ibuprofen. Be safe with medicines. Read and follow all instructions on the label.

Billing

- Billing is done once we get the pathology results back. This is normally around the time you would get your stitches out.

Follow-up care is a key part of your treatment and safety.

Be sure to make and go to all appointments, and call the practice nurse for advice if you have any concerns with redness, swelling pain, discharge or fevers.

If you have a more complexed excision the Doctor may wish to write other instructions to follow.
