



SHADES VALLEY

DERMATOLOGY

Instructions After an Excision

This information will help you care for your excision site at home. An excision (removal) is done to remove a suspicious area of skin or tissue. **Your excision site will be closed with sutures (stitches).**

Caring for Your Excision Site:

You can remove your bandage _____ hours after your procedure. You may see bloodstains on the bandage; this is normal.

If your excision site is covered with Steri-Strips, leave them on until they fall off on their own. Leave in place as long as possible.

You may notice slight oozing from your excision site a few hours after your procedure. This is common and not a serious problem. Apply gentle pressure on the site for 5 minutes and change the dressing if it is soaked.

Stitches:

Some stitches do not need to be removed because your body will absorb them. Stitches that cannot be absorbed by your body will be removed by your doctor after your site has healed. Your nurse will let you know which type of stitches you have.

Pain:

You may have pain after your procedure. To treat your discomfort, you may take over-the-counter medication such as acetaminophen (Tylenol) or ibuprofen (Advil). **If you are given pain medication, take it as instructed by your doctor.**

Activities:

You can resume most activities right after your procedure, but below are some exceptions. Do not lift objects heavier than 5 pounds until your doctor says it is safe. Do not bend at the waist. Check with your doctor or nurse before starting any gym activity, such as running, jogging, or lifting weights.

Sleeping:

If your excision site is above your neck, sleep with the head of your bed raised 45 degrees for the first 10 days following your procedure.

Showering:

You may shower the day after your procedure. Remove compression dressing and apply **a large water proof bandage or Tegaderm film** over the steri-strips. Do not let your excision soak in water.

Follow-up Care:

Call your doctor's office for a follow-up appointment _____ days after your procedure.

Call Your Doctor or Nurse if You Have:

A large area of redness or swelling around your excision site, increased discomfort around your excision site, skin around your excision site that feels hot to the touch, yellowish drainage from your excision site, or a temperature higher than 100.4°F (38°C).

Call (205) 578-1799 if you have any questions or concerns.