

**Post Operative Instructions - SKIN LESION EXCISION**

**MEDICATIONS:**

Allergies: \_\_\_\_\_

Pain: \_\_\_\_\_

Take \_\_\_\_\_ every \_\_\_\_\_ hours if needed for severe pain. Substitute Tylenol for mild pain. Avoid aspirin and ibuprofen products. Do not drive or drink alcohol while using this medication.

Antibiotic: \_\_\_\_\_ Take \_\_\_\_\_ times daily for \_\_\_\_\_ days.

**INSTRUCTIONS:**

1. When you get home, call for an appointment to see Dr. Hoffman on \_\_\_\_\_.
2. Keep \_\_\_\_\_ elevated for 2-3 days.
3. No heavy lifting, housework or exercise.
4. Avoid sun exposure to the wounds for several months by using sun block, dark glasses, wide-brimmed hats, etc. The sun's UV rays will adversely affect healing.
5. Do not use make-up until instructed to do so by Dr. Hoffman if the skin lesion was removed from your face.
6. Do not smoke for at least 10 days.
7. Dr. Hoffman will tell you when to return to work.
8. Call for unusual pain, redness, swelling, bruising, bleeding or sustained fever.

**If you had a skin graft:**

- There will be a "tie-down" dressing on the wound. Do not attempt to remove it. Keep this dressing clean and dry. You may change the white dressing over it as needed.
- Do not bump or put pressure on the skin graft dressing.
- At donor site: a) Wash with soap and water; b) Use fresh dressing if needed; c) Keep the wound and dressing clean and dry.

**If you had a flap and no skin graft:**

- Wash the wound daily with soap and water. Keep the wound and dressing clean and dry.
- Use a fresh dressing daily as needed. If the wound is on the face, you may leave it uncovered.
- Do not remove the steristrip tapes. You may trim any strips that are peeling away.
- If there are no steristrips, you may apply antibiotic ointment to the wound.
- Ice: \_\_\_\_\_ Do NOT use \_\_\_\_\_ Apply 20 minutes per hour for 2 days

\_\_\_\_\_  
Physician Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Patient/Family Member Signature

\_\_\_\_\_  
Date