

Post-operative instructions following Skin Lesion/Cancer Excision with Repair

General:

Excision of facial and neck skin lesions/cancer with repair of the associated skin defect is usually performed as an outpatient procedure. Local anesthesia (injection) with sedation or general anesthesia is utilized.

Diet:

You may have liquids by mouth once you have awakened from anesthesia. If you tolerate the liquids without significant nausea or vomiting, then you may take solid foods without restrictions.

Pain Control:

You may experience mild to moderate pain for a few to several days following excision and repair of the skin lesion. This is usually well controlled with prescription oral pain medications. Please take the pain medication prescribed by your surgeon when needed. You should avoid non-steroidal anti-inflammatory drugs (NSAIDS) such as aspirin, ibuprofen, naproxen (Excedrin, Motrin, Naprosyn, and Advil) because these drugs are mild blood thinners and will increase your chances of having post-operative bleeding.

Activity:

Sleep with the head elevated for the first 24 hours. This will decrease swelling to the area. You may use two pillows to do this or sleep in a reclining chair. No heavy lifting or straining for 1 week following the surgery.

Wound Care:

Do not wash, wet or manipulate the wound for 48 hours following the procedure (except to apply ointment). You will find that the skin has been closed with sutures that will be removed at your first follow-up appointment. Mild redness and swelling around the wound is normal and will decrease over the 2 weeks following surgery. Apply a thin layer of the prescribed antibiotic ointment to the wound 2 times daily for the first 5 days. This is best accomplished by washing your hands thoroughly with soap and water and then gently coating the wound with ointment using your finger. You may shower and allow the wound to get wet 48 hours following the surgery. Allow soap and water to run over the wound. Do not soak the wound in the bath tub. Do not scrub or manipulate the wound for 7 days. Pat the area dry, don't rub it with a towel. After 7 days you may gently lather the wound with soap and water.

Follow-up Appointment:

Your follow-up appointment in the office will be 5-14 days following your surgery. This visit should be scheduled prior to your surgery (at the time of your pre-operative visit). If you do not have the appointment made, please contact our office when you arrive home from the hospital.

At the post-operative visit, your sutures are removed and the pathology report is reviewed.

Please call our office immediately if you experience:

- *Increasing swelling underneath the wound**
- *Purulent discharge (pus) coming from the wound**
- *Increasing redness around the wound**
- *Increasing pain around the wound**
- *Fever greater than 101 degrees Fahrenheit**