

LESION EXCISION

DR. JASON CLAIN

POST-OPERATIVE INSTRUCTIONS FOR LESION EXCISION

CONTACT DR. CLAIN

Office: 914-219-8332

Secretary: (516) 739-2322

Dr. Clain's email:

JClain@nyplasticsurgical.com

After Surgery

- Some oozing is normal. If you have bleeding, place a small gauze over the area of bleeding and hold pressure for *5 minutes looking at the clock* and it will stop
- Swelling is normal and will peak at 48 hours

Activity

- 2-5 days of no exercise/sweating
- No swimming until cleared
- Showers are ok unless otherwise told

Medications

- Take acetaminophen and ibuprofen for pain
- No antibiotics are needed

What To Expect While Healing

- Bruising is normal, this will be better in 1 week and usually gone by 2 weeks
- The scar will be reddest at 3-6 months and fade by 1 year

Follow-Up

- If you have dissolvable sutures – virtual within 2 weeks
- If your sutures need to be removed – in person within 7 days

Scar Care

- First 2 weeks
 - If you have a bandage from the stitches, leave it on until it falls off
 - If you have no bandage – apply Aquaphor twice a day for 1 week then stop
- After 2 weeks
 - Sun avoidance: hats, sunscreen
 - Silicone scar sheets at nighttime for 3-6 months. Apply at night, remove in the morning. Purchase online or at pharmacy