

Minor Surgical Excision Post-Op Instructions

Overview:

You have had a minor surgical excision.

After Surgery:

You should expect to feel a bit of pain for the first two days. After this, your pain should significantly improve.

Scars will be pink for up to 18 months following your surgery. They should be protected from the sun during this time to help improve their cosmetic outcome.

The pathology results from your treatment should be available within 4 weeks. If you have not heard your results from your surgeon or your family physician, please contact your surgeon's office.

Some bleeding at the surgical site is normal. If it is bleeding a lot, place pressure on the area with a towel and keep it applied for 15 minutes. If it does not stop, contact your surgeon's office or go to the emergency department.

Incision Care:

If you have a light bandage, this can come off in 24-48 hours and you can gently wash the incision line with soap and tap water. Dry the area really well and then apply Vaseline or antibiotic ointment and cover with a bandage if you would like. You may change this bandage as often as needed until your stitches are removed or have dissolved.

Some areas like the scalp make it difficult to apply bandages. You may want to sleep with a towel over your pillow for the first few nights in case there is some drainage.

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Activity and Care at Home:

You should maintain a gentle level of activity until instructed by your doctor. In most cases, this will be two weeks or until the surgical site has healed.

You should keep the surgical site elevated above the level of your heart for the first few days. Slings are not needed.

Pain Management:

You will have freezing at the site of your surgery that helps with your pain control. The freezing may last for 1-8 hours. When the freezing wears off, it is a good time to start taking your oral pain medication. You can refer to the pain management handout.

IMPORTANT:

Call if you have fever, increasing pain, a foul smell to the dressings, increased redness, or persistent bleeding.