

Skin Excision Aftercare

How is my skin closed after the procedure?

Your wound will have been closed with suture material. This usually involves deep dissolving sutures and then either a dissolving suture beneath the surface or non-dissolving sutures that go through the skin surface. The wound is then covered with steri-strips and/or medical tape and then a showerproof dressing. Scalp sites do not have any dressings but are covered in a liquid spray dressing.

What happens after the procedure?

The wound will be covered by a waterproof dressing and you are advised to keep this in place until suture removal. The anaesthetic will last a couple of hours. There may be some pain after this and taking paracetamol before the anaesthetic wears off, and regularly for the first day or two may be necessary.

Does it leave a scar?

Yes. All surgical procedures will leave a mark on the skin. This is usually a slightly pink line to start with and will fade to leave a white line. This may be slightly lumpy but flattens over the first few months. Rarely, a thickened scar (keloid) may form. If you have had previous problems with scars please inform the doctor.

Do I need to do anything after the procedure?

Depending on the site of the operation you may need to rest, avoid exercise and heavy lifting for a couple of weeks after the procedure. When you do start to resume exercise, you are advised to take it very gently to start with and gradually increase as the wound healing allows. If you feel any pulling or pain, you should stop and rest for a few more days before gently trying again. The longer you can rest the area, the better the long term cosmetic outcome.

Can I get the area wet?

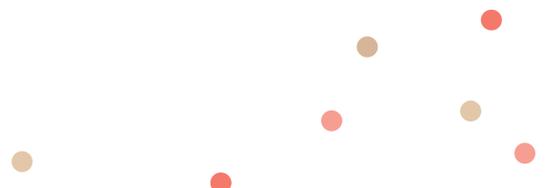
It is best to keep the area dry.

I had to stop my blood thinning medicines, when can I restart them?

You can start your medications the day after surgery.

How long does it take for results to come back?

Results take 1 week for routine biopsies. If special stains are required this may take a further week. Biopsies for the investigation of hair conditions take 4-6 weeks.



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What happens to the sutures?

If you have non-dissolvable surface sutures these will need to be removed 7-14 days after the procedure. This can either be arranged with the nurses at the private hospital or with your local practice nurse - this will need to be booked with your general practice.

How do I know if the wound is infected?

It is unlikely that the wound will become infected. Less than 1 in 20 wounds will have any problems. Signs of infection include redness in the surrounding skin, the wound becoming very tender a few days after surgery, or the wound discharging blood stained or pus stained fluid. You will need medical assistance and antibiotics. Please contact the hospital and the nurses will arrange a clinical review.

