

## Looking After Your Skin Surgery Wound

### REMOVAL OF LESION

#### Caring for your dressing:

- ❖ Leave the dressing on for 48 hours following the procedure.
- ❖ Keep the dressing dry unless we have indicated otherwise (we may be able to apply a film dressing which is water resistant if appropriate).
- ❖ If the dressing gets wet and/or leaks please call the surgery on 347-8848 to arrange to see a nurse for a dressing change.

#### Removing dressing:

- ❖ After 48 hours you can remove your dressing, the best time to do so is in the shower after you have finished using cleansing products, remove the upper dressing and padding, leaving the white tape on and let the clean water wash over procedure site to clean.
- ❖ Be careful when drying the surgery site, ensure to pat the area dry and do not rub.
- ❖ For optimal healing and minimising the stretching out of the scar, taping (with fixamull) is recommended for up to 8 weeks following the procedure.
- ❖ Ensure to pat the tape dry after wetting. The tape should be replaced every 5-10 days depending on the site, the tape needs changed when the edges start to lift.

#### For stitches on your back or shoulder:

- ❖ Avoid doing things that put strain on the area, for example, heaving lifting or chopping wood.
- ❖ Keep the area taped with medical tape (we will provide you with this) until it is time to get your stitches removed.
- ❖ Once your stitches are removed we may advise to keep the area taped for a further 2-4 weeks.

#### For stitches on your legs:

- ❖ Rest your leg as much as possible for the first 2-5 days after the procedure. When sitting, raise your leg on a chair or stool.

#### Pain relief:

- ❖ When the local anaesthetic wears off, you may need some pain relief. Usually paracetamol is adequate however stronger tablets may be prescribed if appropriate.
- ❖ Do not take aspirin or ibuprofen for pain as this can cause bleeding, however if you normally take aspirin for a medical condition, do not stop unless indicated to stop by your doctor.

**Return to the surgery \_\_\_ days after your procedure for removal of your stitches**