

**SKIN CANCER/LESION REMOVAL POST-OPERATIVE**  
**INSTRUCTIONS**

1. **ACCOMODATIONS:** You will need someone to stay with you after your procedure.
2. **DRESSINGS:** The dressing is changed daily. Clean the incision lines daily with soap and water and apply antibiotic ointment (triple antibiotic ointment or Neosporin) to the incision. Cover with a non-adherent Telfa pad, 4X4 gauze, and secure with tape.
3. **STITCHES:** Sutures are removed from the face 7 days after the procedure. Sutures on the arms, hands, torso, back, or legs are removed 14 days after the procedure.
4. **REST AND ELEVATION:** It is important that you keep the surgical area elevated if possible to help reduce swelling and alleviate pain.
5. **EXERCISE:** You may resume your usual routine gradually after the procedure. You may not participate in sports or do strenuous exercise for 4 weeks after surgery. A good rule to follow is, “If it hurts, don’t do it”.
6. **ICE:** Ice should be applied for the first 2 to 3 days post-op. This will reduce the amount of swelling.
7. **SWELLING:** The swelling subsides rapidly in the first 14 days after the operation and more slowly thereafter. Small amounts of tissue swelling may persist for up to 8 weeks.
8. **BRUSING:** The amount of bruising varies from almost none, to a lot and it depends mainly on the individual patient. The length of time it takes for the discoloration to disappear is basically the same as the time it takes for bruises to resolve elsewhere on your body. **REMEMBER – DO NOT TAKE ANY ASPIRIN-like compounds in the two weeks prior to and following surgery.** Be sure to tell Dr. Myers if you have a history of bruising easily or bleeding excessively.
9. **PAIN MEDICATION:** If pain medication and antibiotics are prescribed by Dr. Myers take them as directed. You will need to eat before taking the pain medication.
10. **SMOKING:** Do not smoke after surgery. If you do smoke, you dramatically increase the risk of complications.
11. **MAKEUP:** Cosmetics may be applied after your sutures are removed.
12. **OTHER:** If you have any questions or problems, please phone 936-539-8115.