

Post-operative Instructions Following Lesion Excision

Uncomplicated and early healing, to a great extent, depends on how well you care for yourself. Please read the following instructions carefully and ask us any questions you may have.

After your office visit

- The Band-Aid will remain in place for 24 hours, after; it can be left open to air or covered with a Band-Aid.
- The sutures should be cleaned with hydrogen peroxide using Q-tips and then covered with the prescription Bactroban (Mupirocin) ointment. This should be done 2-3x a day.
- Cool compresses will help reduce the swelling. **Avoid placing anything frozen directly on the skin.**
- If you tend to bruise easily, you may take Arnica Montana (SinEcch™) immediately after your procedure. For the remaining pills, please follow the directions behind each capsule. You can obtain Arnica without a prescription at some pharmacies and most health food/nutritional supplement stores.
- The deeper sutures are self-dissolving over several weeks, and do not need to be removed.
- The outer sutures will be removed 1 week after the procedure. We will schedule your post-op visit with our office on the day of your procedure.
- It is normal to experience some bruising and swelling after the procedure.
- Notify the office if you experience increasing pain, bruising, swelling or marked bleeding from the incision.

For Discomfort

- For the most part, Tylenol Plain or Tylenol Extra Strength, 1 – 2 tablets every 4 – 6 hours should be sufficient but if needed, use the Tylenol #3 that we have given you. If both are ineffective, call us.

We look forward to being of service to you. If you have any questions or concerns please call our office. 212-327-4600