

Post-Operative Instructions: Lesion Excision

Congratulations on completing your Procedure!

To promote optimal healing and ensure the best possible outcome, please follow the guidance below carefully.

Immediate Post-Op Care (First 24-48 Hours)

Rest & Elevation

- Keep the operated area elevated whenever possible to reduce swelling.
- Avoid strenuous activity, heavy lifting, or bending.

Dressings

- Keep the dressing dry and intact. Do not remove or disturb the dressing unless you have been advised by your clinical team.
- Avoid touching the operation site unnecessarily.

Medications

- Take pain relief and antibiotics as directed.
- Avoid aspirin, anti-inflammatory medications, or other blood thinners unless approved by your surgeon.

First Week After Surgery

Wound Care

- Do not soak the area in water (no swimming or bathing – shower carefully and keep the site covered).
- Do not apply any creams or ointments unless prescribed.
- Avoid smoking and alcohol as these can delay healing
- Do not pick at scabs or sutures.

General Recovery Advice

- Rest as needed but gradually return to light daily activities.
- Do not pick at scabs or sutures.
- Avoid sun exposure to the site – use protective coverings and sunscreen once fully healed

What to expect

- Mild swelling, bruising and redness around the graft site are normal in the first few days.
- Some itching or tightness may occur during healing

When to Call Us

Contact us if you experience any of the following:

- Severe pain not relieved by medication.
- Excessive swelling or Bleeding.
- Offensive odour, discharge, or pus from the wound.
- Signs of infection (increased redness, warmth, pus, or fever)

Email: Theatre@facemed.co.uk

Phone: 01268 833680 (Option 3) 08:00 - 18:00 Monday - Friday & 08:00 - 14:00 Saturday

Follow-Up Appointments

- Please Attend all scheduled visits to monitor healing.
- Nurse Led Appointment:
- 1st Consultant Led Appointment:

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EMERGENCY

IN CASE OF EMERGENCY PLEASE DIAL 999 AND ATTEND ACCIDENT AND EMERGENCY THIS INCLUDES SUDDEN HIGH TEMPERATURE, BLEEDING, CHEST PAIN AND BREATHLESSNESS.