

## Post-Excision Care Instructions for Minor Skin Lesion

### ✔ Wound Care:

- Keep the dressing dry and intact for the first 24 hours.
- After 24 hours, gently clean the area with mild soap and water.
- Pat the area dry with a clean towel.
- Change the dressing daily or if it becomes wet or soiled.
- Use sterile gauze and medical tape when reapplying the dressing.
- Avoid activities that stretch or stress the area.

### ✔ Pain Management:

- Take over-the-counter pain relievers like acetaminophen or ibuprofen as directed.
- Apply an ice pack (wrapped in a cloth) for 10–15 minutes if swelling occurs.

### ✔ Watch for Signs of Infection:

- Redness spreading around the wound.
- Increasing pain, swelling, or warmth.
- Pus or unusual discharge.
- Fever or chills.

### ✔ Seek Medical Help If You Experience:

- Any signs of infection listed above.
- Bleeding that doesn't stop with gentle pressure.
- Severe pain not relieved by medication.

### ✔ If You Have Stitches:

- Keep stitches dry for 24–48 hours.
- Return for suture removal as advised (usually within 5–14 days).

### ✔ Scar Care:

- Apply sunscreen to the area once healed to minimize scarring.
- Use silicone gel or sheets as recommended by your doctor.

### ✔ Follow-Up Appointment: [Insert Date/Time if Scheduled]

For any concerns or emergencies, contact [Insert Clinic Contact Information] or seek medical attention promptly.