



## Patient Information – Post-operative care

# Skin Lesion or Subcutaneous Lump Excision

## Wound care

Your skin lesion or subcutaneous lump has been removed during surgery. The incision has been temporarily numbed with local anaesthetic and sewn together.

A waterproof dressing has been applied to the wound. You can safely get the dressing wet in the shower and gently dab dry afterward.

Leave the dressing in place for at least 3 days, or until your follow up appointment.

## Pain relief

Regular pain relief with paracetamol (e.g. Panadol®), 1g (two 500mg tablets), four times a day, for the first few days after leaving hospital and prior to exercises or functional activities, provides sufficient pain relief for most people. It is safe to add an anti-inflammatory drug (e.g. Nurofen®) for most patients, but please check with your doctor if you have any concerns.

## Activity

Gentle exercise, for example walking, is recommended. You should avoid more vigorous exercise for at least a week after surgery. You must not drive for at least 24 hours following a general anaesthetic. You may return to light duties including work after 24-48 hours in most cases.

## Complications

Wound bleeding that soaks through the dressing is uncommon, but please contact the hospital or Dr Birks if this occurs.

Infection may be suspected if the wound becomes increasingly tender & inflamed. You might start to feel unwell with a fever. This requires urgent attention.

## Appointment

Your follow-up appointment will be made at the time of your surgery booking.

If you have non-dissolvable sutures, they will be removed at this time.

Please ring the rooms (03 9021 8833) if you do not have an appointment.

## Contact

Any concerns, please contact Dr Sarah Birks or the hospital.