

Post-Operative Discharge Instructions: Skin Lesion Excision

Patient Name: [Patient Name]

Date of Procedure: [Date]

Procedure Performed: Excision of [Location of Lesion]

Wound Care

- Keep the dressing dry and intact for the first [Number] hours.
- After [Number] hours, you may remove the outer bandage.
- Clean the area gently with mild soap and water once daily.
- Apply a thin layer of [Ointment Name, e.g., Vaseline] and cover with a clean bandage.
- Do not soak the wound in baths, pools, or hot tubs until the sutures are removed.

Pain Management and Activity

- Take [Medication Name] every [Number] hours as needed for pain.
- Avoid strenuous exercise or heavy lifting that may strain the stitches for [Number] days.
- If the excision was on a limb, keep it elevated when possible to reduce swelling.

Suture Removal

Your sutures (stitches) need to be removed in [Number] days.

Appointment Date/Time: [Date and Time] at [Location/Clinic].

Pathology Results

The tissue sample has been sent to the lab. Results typically take [Number] business days. We will contact you via [Phone/Portal] once they are available.

When to Contact Your Doctor

Please call the office or seek medical attention if you experience:

- Fever or chills.
- Increasing pain that is not relieved by medication.
- Excessive bleeding that does not stop with firm pressure.
- Signs of infection: spreading redness, warmth, or pus-like drainage.

- The stitches come apart.

Contact Number: [Clinic Phone Number]

After Hours/Emergency: [Emergency Number]

Signed,

[Doctor/Provider Name]

[Clinic Name]