

Post-Operative Care Instructions: Minor Skin Excision

Patient Name: [Patient Name]

Date of Procedure: [Date]

Location of Excision: [Location]

Wound Care Instructions

- Keep the original pressure bandage in place and dry for [24/48] hours.
- After the initial period, gently remove the bandage.
- Clean the area daily using mild soap and water or sterile saline.
- Apply a thin layer of [Petroleum Jelly/Antibiotic Ointment] to the wound.
- Cover with a fresh adhesive bandage or sterile gauze.
- Repeat this process once or twice daily until the sutures are removed.

Activity and Pain Management

- Avoid heavy lifting or strenuous exercise that pulls on the surgical site for [Number] days.
- For discomfort, you may take [Acetaminophen/Tylenol] as directed.
- Avoid aspirin or ibuprofen for the first 24 hours unless directed otherwise, as these may increase bruising.
- If the site is on the head or neck, sleep with your head elevated on extra pillows.

Signs of Infection or Complications

Please contact the clinic immediately if you experience:

- Bleeding that does not stop after 15 minutes of firm, continuous pressure.
- Severe pain not relieved by medication.
- Spreading redness, warmth, or significant swelling around the wound.
- Pus or foul-smelling discharge.
- Fever or chills.

Follow-Up Appointment

Your appointment for suture removal and results is scheduled for:

Date: [Date] **Time:** [Time]

Clinic Contact Number: [Phone Number]