

Date: [Insert Date]

Patient Name: [Insert Patient Name]

Date of Birth: [Insert Date of Birth]

Post-Excision Recovery Instructions

Dear Patient,

This letter provides guidelines for your recovery following your routine skin excision performed on [Insert Date of Procedure].

1. Wound Care

- Keep the original pressure bandage on and dry for the first 24 hours.
- After 24 hours, remove the bandage and gently clean the site with mild soap and water.
- Apply a thin layer of [Vaseline/Aquaphor/Antibiotic Ointment] to the site.
- Cover the wound with a fresh adhesive bandage. Repeat this daily until your follow-up appointment.

2. Pain Management

- Some discomfort is normal as the anesthesia wears off.
- Use Acetaminophen (Tylenol) for pain as directed.
- Avoid Aspirin or Ibuprofen for the first 48 hours unless otherwise directed, as these may increase bruising or bleeding.

3. Activity Restrictions

- Avoid strenuous exercise, heavy lifting, or stretching the affected area for [Insert Number] days.
- Do not submerge the wound in baths, swimming pools, or hot tubs until the stitches are removed.

4. Warning Signs

Please contact our clinic immediately if you experience:

- Bleeding that does not stop with 15 minutes of firm, continuous pressure.
- Signs of infection: increasing redness, swelling, warmth, or yellow discharge.
- Severe pain not relieved by medication.
- Fever over 101F (38.3C).

5. Follow-Up

Your appointment for suture removal and pathology results is scheduled for:

Date: [Insert Follow-up Date]

Time: [Insert Follow-up Time]

Sincerely,

[Doctor Name/Clinic Name]

[Phone Number]