

Skin Lesion & Skin Cancer Excision

Excision of a skin lesion or soft-tissue lump · Keep this sheet handy until your wound has healed.



Keep dry
UNTIL REVIEW



5–14 days
STITCHES OUT



2 wks
AVOID STRETCHING SITE



Ongoing
PROTECT THE SCAR

Wound & dressing care

- Keep the dressing clean, dry and intact for **7 days**, or until your follow-up if advised.
- If the dressing gets wet or falls off, replace it with a clean dry dressing.
- No swimming or spa pools until the wound is fully healed. A small amount of bruising is normal.

Stitches & follow-up

- Stitches are usually removed in **5–7 days on the face** and **10–14 days on the body or limbs**; some stitches dissolve on their own.
- If a lesion was sent to pathology, results are discussed at your follow-up appointment.
- Book your wound check / suture removal before you leave.

Pain & activity

- Mild discomfort is common — simple paracetamol is usually enough.
- Avoid stretching or putting tension on the wound area to help it heal and reduce scarring.
- Avoid strenuous activity for about 2 weeks if the wound is over a joint or moving area.

Scar & sun care

- Scars are a normal part of healing and usually settle well over time.
- Once healed, protect the scar from the sun (SPF 50+, cover up) for 12 months to reduce darkening.
- Silicone gel or massage, once fully healed, can help the scar mature.



Seek help urgently if...

- ! Bleeding that won't stop with gentle pressure
- ! Increasing redness, swelling, warmth or discharge
- ! The wound edges separating or opening
- ! Fever or feeling generally unwell
- ! Increasing pain not eased by simple pain relief

Questions during your recovery?



(07) 3333 5518



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Watkins Medical Centre, L7 Suite 351,
Spring Hill

After hours or an emergency — call **000** or go to your nearest Emergency Department.

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Last reviewed June 2026. This is general guidance only — the specific advice your surgeon gives you about your operation always takes priority.

A little wound care goes a long way after a skin excision. These tips help your wound heal neatly and your scar fade well. Use them alongside the instructions on the front of this sheet.



Changing your dressing

- Keep the dressing clean and dry — the front of this sheet says for how long.
- If it gets wet, loose or dirty, gently replace it with a clean, dry dressing.
- Wash your hands before and after touching the wound.



Stitches & what to expect

- Some wounds have stitches that need removing; others dissolve on their own.
- A little redness right at the wound edge and mild tightness are normal early on.
- Book your wound check / stitch removal before you leave the clinic.



Helping your scar settle

- Avoid stretching or putting tension on the area to reduce scar widening.
- Once fully healed, gentle massage and silicone gel can help the scar mature.
- Scars can stay pink or firm for several months before fading — this is normal.



Sun protection

- New scars burn and darken easily.
- Once healed, cover the scar or use SPF 50+ for at least 12 months.
- This is especially important if you've had a skin cancer removed.



Your results & follow-up

- If the lesion was sent to pathology, your results are discussed at your follow-up appointment.
- Keep that appointment even if the wound looks well healed.
- We'll let you know if any further treatment or skin checks are recommended.



Staying skin-safe

- Check your skin regularly and note any new or changing spots.
- Have regular skin checks if you've had a skin cancer.
- Sun-protect daily — hat, shade, SPF 50+.



Not sure if your wound is healing normally? Send us a photo or call (07) 3333 5518 — it's always better to check early.