



Post-Operative Instructions

Care of Biopsy/ Excision Site(s):

- Waterproof dressings cover your wounds. Shower as usual. Remove in 48 hours, leaving steri-strips in place until sutures (stitches) are removed.
- Non-waterproof dressings cover your wounds. Avoid showering for 48 hours. Steri-strips to remain in place until sutures are removed.
- Shave biopsy/ scraping sites are covered with dressings. Avoid showering for 48 hours. Leave in place and remove in the shower on Day 5.

Avoid:

- Heavy lifting/ strenuous exercise/ sweating/ swimming/ spas and saunas while sutures are in place, and for 2 days following removal of sutures.
- Fish oil for 2 weeks after procedure.

We Recommend:

- Pain relief as required – paracetamol and/ or Nurofen can be used (follow directions on packaging).
- Avoiding hot/ cold fluids/ food if you have had local anaesthetic to your lips.
- Taking Zinc/ Vitamin C following multiple punch biopsies and scrapings/ large excision(s) if desired;
- Dosage is 220mg Zinc tablet 3 times per day (giving a total of 660mg or 60-90mg elemental zinc daily) and 2000mg Vitamin C per day.
- Scar reduction ointments such as Dermatrix or Strataderm for large and/ or facial excisions.

What to Expect:

Minor bleeding/ swelling/ bruising may occur – especially on the face.

Return to the Clinic if:

- Bleeding does not stop and/ or you experience increasing pain;
- The wound becomes infected or shows signs of increased redness, discharge or irritation;
- The wound opens up before or after sutures are removed.

***Results:**

Your pathology report will be discussed at the appointment for removal of your sutures at the Clinic, unless we call you prior.

Country patients, please call the Clinic 3-5 working days after your procedure for results.

***IF YOU HAVE NOT RECEIVED YOUR RESULTS WITHIN 14 DAYS,
PLEASE CONTACT THE CLINIC TO OBTAIN THEM.**