

Birthmark Excision/ Revision Post Care Instructions

Maximize your results after excision or revision surgery by following these basic post-treatment instructions.

General

- Numbness around the area is common
- No smoking or alcohol for 1-2 weeks post op
- Avoid intense exercise, heavy lifting, straining, strenuous activity and/ or sweating for the first 2 weeks.
- Avoid direct sun exposure. Generally, you may start using sunscreen over the area at 1 week after the sutures are removed.
- If you experience any discomfort, you may take Tylenol, extra strength Tylenol or Advil.

Wound Care

- Steri-strip tape bandages may have been applied to your incision. Leave this tape in-place. The tape will be removed during your post op appointment.
- It's normal to see dried blood on the Steri-Strips. You may use soap and water to gently cleanse around the tape as needed. If the dressing gets wet, pat it dry.
- Leave any tape on the wound until you have your stitches removed. You may shower as normal and gently pat the area dry. If the tape comes off, replace it with Steri-strips.
- You may shower normally and get water on the wound, but do not immerse the area in water (e.g. swimming, baths) for 6 weeks.
- Swelling and bruising is very normal for up to 4 weeks. Most swelling subsides within 2 weeks.
- You may hold a clean ice pack, wrapped in a clean cloth, over your wound to reduce pain, swelling, and bruising. Place an ice pack on your wound for 15 to 20 minutes every hour or as directed by your healthcare provider.
- It is normal for healing wounds to feel slightly tender to the touch and look pink around the edges. However, if after a few days it becomes increasingly red, swollen, painful, hot or develops a discharge, please call our office, (310) 598-2648.