



Recovery after Skin Lesion Removal

A. During the procedure:

Comfortably Awake Skin Lesion Removal has an **unprecedented safety record** and allows the surgeon to effectively remove lesions and perform the reconstruction with little discomfort, faster recovery, and improved cosmetic results.

B. First evening and the next day:

1. Please **wait 24 hours before your 1st shower**. Refrain from soaking the surgical area in bath/hot tub for 10 days.
2. **Text our surgical team** that first afternoon/evening if you have any concerns/questions.

C. First week:

1. **Apply Carmex** (medicated lip balm) to all stitches twice a day until healed.
2. You can start easing back to your routines after the procedure as tolerated.
3. Continue to consume **daily probiotics** for total of 6 weeks to support gut health after antibiotic use if you were given antibiotics.
4. **Tylenol and/or Motrin** for discomfort.
5. Most sutures (stitches) removed at your 1st follow-up appointment; many incisions are treated with fractional lasers after sutures are removed to reduce scars.

D. Subsequent weeks/months after:

1. Expect there will be slight **swelling** and contour irregularities/asymmetries for several weeks.
2. The discretely-placed incision lines continue to “remodel” – lighten and flatten for **2 years**. **Scar-erasing resurfacing lasers** are applied at follow-up visits for several months as needed.
3. Final contour results are not entirely complete until 1 year has passed.

We all recover differently; if you find you're having concerns with discomfort, irregularities, or **anything** else - let us know.

Please keep us updated regarding your progress/concerns/questions.