

Aftercare instructions - removal of a facial lesion

Patient information

This leaflet answers common questions about how to care for your skin after a lesion has been removed from your face. A lesion could be a cyst, mole, lipoma, or a mark caused by sun damage.

If you have any questions or concerns, please use the contact numbers at the end of this leaflet.

Pain or swelling

You were given a local anaesthetic (an injection into the skin). This will keep the area numb for about 1.5 to 4 hours after the procedure.

It is important to take pain relief **before the numbness wears off**.

- You can usually take **paracetamol** or **ibuprofen** if these are safe for you.
- If you are unsure, ask your doctor or pharmacist.

Sometimes, your doctor may give you antibiotics to take after the procedure.

The area may become swollen. If this happens:

- use a cold compress (like ice wrapped in a cloth)
- apply it gently to reduce swelling

Stitches and bleeding

You may have some light bleeding or oozing in the first 24 hours.

If this happens:

- use clean gauze or a cloth
- dampen it with cooled boiled water
- press gently on the area for about 20 minutes

After 24 hours:

- clean the area gently with warm water
- pat it dry (do not rub)
- apply the antibiotic ointment **twice a day**

Stitches

Your stitches may be:

- **dissolvable** - these usually disappear in about two weeks
- **removable** - these need to be taken out

Your doctor will tell you:

- if you need to come back
- or if a gp nurse can remove them

Stitches are usually removed after **7-14** days but follow your doctor's advice.

You will also be told if you need a follow-up appointment.

Going back to work or school

You can return when you feel ready. This depends on:

- how you feel
- the type of work or school activities you do

If the surgery was more complex, you may need more time to rest.

Avoid exercise for **at least 72 hours (three days)** to reduce the risk of bleeding or swelling.

Important advice

For 72 hours after your procedure, do NOT:

- drink alcohol
- smoke or vape

Smoking can slow healing and increase the risk of infection.

Alcohol can increase bleeding.

Contact details

If you have any concerns or ongoing bleeding, contact:

Outpatients Oral Maxillofacial Tel: **0300 019 2145** (Monday-Friday, 8.30am-5pm)

Day Surgery Unit Tel: **0300 019 2150** (7.30am-8pm)

Head and Neck Ward C4 Tel: **0300 019 2415**

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