

What is an Excision and What Can I Expect?

- An excision is the complete removal of a suspicious lesion or skin cancer.
- The excision can take any shape but most commonly on ellipse. Due to the geometry of the excision and a border of normal skin for safety, most scars will need to be approximately three times longer than the original lesion.
- Occasionally, specialised skin flaps and grafts are required due to the location and size of the lesion, properties of the skin and the desire to reduce scarring.
- Ample local anaesthetic will be used, which may be uncomfortable initially, but works in seconds and lasts 2-3 hours. Two paracetamol every four hours can be taken as required afterwards. You may request a script for stronger tablets from your doctor. Avoid aspirin as it may cause delayed bleeding.
- Leave your dressing intact for 2 or more days and keep dry. Gentle showers are allowed after this time but ensure the area is thoroughly dried.
- Avoid swimming, baths, exercise or heavy lifting / work for at least two weeks.
- Delayed bleeding can occasionally occur. Apply pressure for 10 minutes and elevate if possible. Remove the dressing, clean the skin gently with an antiseptic and apply a new dressing (Fixomull). If bleeding continues or an infection is suspected, phone the clinic. If closed, a medical centre or casualty department can assist.