

Punch Excision Aftercare Instructions

PUNCH EXCISION AFTERCARE INSTRUCTIONS

Thank you for choosing Punch Excision, a minor surgical procedure used to remove skin lesions, moles, or other small skin abnormalities. Proper aftercare is essential to ensure optimal healing, minimise scarring, and reduce the risk of infection.

IMMEDIATELY AFTER TREATMENT

Normal Reactions

Normal reactions after treatment

- ☐ Mild redness, swelling, or tenderness around the treated area is normal.
- ☐ Minor bleeding or oozing may occur immediately after the procedure.
- ☐ Temporary bruising may appear in the surrounding skin.

Wound Care

Wound care instructions

- ☐ Keep the treated area covered with a sterile dressing as instructed by your provider.
- ☐ Avoid touching or picking at the wound.
- ☐ Wash hands thoroughly before touching the dressing or treated area.

FIRST 24–48 HOURS

Hygiene & Care

Hygiene and care instructions

- ☐ Keep the wound clean and dry.
- ☐ Change the dressing as directed by your provider.
- ☐ Avoid soaking the area in water (e.g., baths, swimming pools).

Comfort Measures

Comfort measures

- ☐ Mild pain or discomfort can be managed with over-the-counter pain relief if approved by your provider.
- ☐ Apply a cold compress externally if swelling occurs.

FIRST WEEK

Observation

Observation notes

- ☐ Mild redness, swelling, or tenderness may persist for several days.
- ☐ A small scab may form as part of the natural healing process—do not pick at it.

Lifestyle & Care

Lifestyle and care instructions

- ☐ Avoid strenuous activity that may stretch or put pressure on the treated area.
- ☐ Avoid direct sun exposure; use sunscreen or protective clothing once healing permits.
- ☐ Follow any instructions regarding topical ointments or creams prescribed by your provider.

FIRST MONTH

Healing & Results

Healing and results information

- ☐ The wound should gradually heal over 1–3 weeks, depending on the site and size of the excision.
- ☐ Scarring may initially appear red or raised but should improve over several months.

Continued Care

Continued care instructions

- ☐ Continue gentle care and avoid trauma to the treated area.
- ☐ Monitor the site for signs of infection or delayed healing.
- ☐ Attend any scheduled follow-up appointments to ensure proper healing.

WHEN TO CONTACT US

Contact your provider immediately if you experience:

- ☐ Severe or worsening pain, swelling, or redness.
- ☐ Signs of infection such as pus, warmth, or fever.
- ☐ Bleeding that does not stop or new lesions at the site.
- ☐ Any unusual or concerning symptoms.

LONG-TERM CARE

Long-term care instructions

- ☐ Protect the healed area from sun exposure to minimise scarring.
- ☐ Use recommended moisturisers or silicone-based scar treatments if advised.
- ☐ Maintain regular skin checks and notify your provider of any new lesions or changes.

It is essential that you have read all of the information available. Please let your practitioner know if you have any questions or if you do not understand any of the aftercare instructions provided below.

CONFIRMATION OF UNDERSTANDING

- ☐ I confirm that I have read and understood all the information on this Form

QUESTIONS OPPORTUNITY

- ☐ I have been given the opportunity to ask any questions that have come to mind throughout